

TORONTO metro



Friday's Jackpot

\$50 million
estimated

**PLUS 2 x
\$1 MILLION**
MAXMILLIONS PRIZES
estimated



MISSION TO MARS

PART 2 OF OUR FEATURE ON A HUMAN EXPEDITION TO THE RED PLANET EXPLORES THE MINDS OF PEOPLE WHO WOULD WILLINGLY SAY GOODBYE TO EARTH

PAGES 8 & 9



From one per cent support to mayor – it's anyone's race

If it can happen in Calgary, it can happen in Toronto **PAGE 6**

Kidnapping victims sold into marriage, Nigerians told

Mothers rage against lack of progress in rescue **PAGES 12 & 13**

Girls just want to make fun

The fairer sex has long been underrepresented, say local comics, but T.O.'s first all-gal comedy fest will show that's changing **PAGE 19**

Now Mayor Ford truly needs help

Here we go again.

Mayor taking leave amid new reports of substance abuse and boorish behaviour

Mayor Rob Ford is taking a break from the mayoral election campaign in order to get help, his lawyer said.

The decision comes after a new audio recording of Ford ranting and swearing in an Etobicoke bar was obtained by the Toronto Sun.

Torstar News Service has not been able to verify the details of the recording.

According to the Sun, the recording was taped Monday night by a guest at Sullie Gorman's, a bar in Etobicoke. It reportedly contains Ford "being unruly as he's ordering booze, complaining about his wife Renata and making lewd comments about mayoral contender Karen Stintz."

Celebrity encounter

"Ford enraged at Muzik nightclub when #bieber asked if he had any crack cocaine. A wild ugly time."

Toronto Star editor Michael Cooke on Twitter

Ford's lawyer, Dennis Morris, informed Torstar that the mayor told him Wednesday that he is taking a leave but not quitting the campaign.

"He's doing what I think most of the population thought would be appropriate a number of months ago. At that time he didn't think he should, and now I think he realizes, so that's a good step."

Morris said that Ford has not said how long the leave will be or exactly what help he will be seeking. He also said the leave may not begin immediately.

"I don't think he's going to be flying out at midnight

New crack tape?

A second video of Mayor Rob Ford smoking what a drug dealer has called crack cocaine was secretly filmed in his sister's basement early Saturday, The Globe and Mail is reporting.

- The clip shows Ford taking a drag from a long copper-coloured pipe, his right arm convulsing. The footage is from one of three videos the dealer says he is now selling for "at least six figures." Ford's sister Kathy, who has admitted to being a drug addict, is seen sitting in front of her brother in one clip.

somewhere," he said.
TORSTAR NEWS SERVICE

FOR MORE COVERAGE ON THE EMERGING SCANDALS, HEAD TO METRONEWS.CA



CLAW-BITING FINISH

The Raptors' Kyle Lowry drives hard against the Brooklyn Nets' towering Andray Blatche on Wednesday at the ACC in Game 5 of the teams' playoff series. The big-hearted Lowry racked up 36 points to lead the Raps to a 115-113 victory and a 3-2 series lead. See story, page 39. RICK MADONIK/TORSTAR NEWS SERVICE



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A full-page advertisement for H&M. A woman with long, dark, wet hair is standing on a dark, wet rock formation. She is wearing a white, strapless, tube-style bikini top with a small bow at the center and a white, high-cut bikini bottom. She is looking towards the camera with a slight smile. The background shows a bright blue sky with some light clouds and a turquoise ocean with white-capped waves crashing against the rocks. The overall scene is vibrant and summery.

Bikini top
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H&M

Alleged sexual assault

Former Pride co-chair not guilty

Former Pride Toronto co-chair Luka Amona, 38, was found not guilty of sexual assault and using a drug with intent to stupefy on Wednesday, after the Superior Court judge found there were inconsistencies in the story told by the alleged victim.

He had been charged with sexually assaulting the man, now 22, at his home following a Pride volunteer appreciation party in August 2012. The man's name is protected by a publication ban. **TORSTAR NEWS SERVICE**

Oakville

Boy to recover after garage door accident: Police

Police say a nine-year-old boy is expected to make a full recovery after he was injured in an automatic garage door mishap at his home in Oakville.

The boy was taken to a Toronto hospital in critical condition Monday after his hoodie became caught on part of the door as it opened. **THE CANADIAN PRESS**

Dismissals

Court upholds bear hunt

An Ontario judge has dismissed two animal-rights groups' attempt to block the province's revived spring bear hunt just days before it is set to begin.

The groups argued mother bears will be killed and their orphaned cubs left to starve or be killed by predators. **THE CANADIAN PRESS**



Not so golden reception

Outside the Metro Toronto Convention Centre, about 40 protesters expressed their displeasure with Barrick Gold's environmental practices on Wednesday. Inside, Barrick Gold founder Peter Munk said the time had come to say goodbye to the firm he started more than 30 years ago, promising he was leaving the gold miner in good hands and describing a bright future for a firm coming off two less-than-stellar years. Munk's retirement comes the same week that merger talks between Barrick and gold mining giant Newmont Mining Corp. collapsed amid a public spat.

KEITH BEATY/TORSTAR NEWS SERVICE

New life for boy shot in Taliban attack

Miracle child. Abuzar Ahmad, 2, survived Kabul hotel assault that killed his father, mother and two siblings

A toddler who was shot in a Taliban attack that killed his parents and siblings was expected to arrive in Toronto late Wednesday night to begin a new life in Canada.

Abuzar Ahmad, 2, was with his family at the Serena Hotel in Kabul, Afghanistan, on March 20, when four young men smuggled in pistols and ammunition. His father, Sardar Ahmad, was a senior correspondent for AFP and a well-known figure in Afghanistan's



Abuzar Ahmad makes a victory sign at a hospital in Kabul before leaving for Toronto.

WAKIL KOHSAR/GETTY IMAGES

political and journalism communities.

Ahmad, his wife and two of their children — a six-year-old and four-year-old — were among nine people killed before the attackers could be

subdued. The Taliban claimed responsibility.

Miraculously, Abuzar survived, despite being hit five times.

"Right away, I decided I will go and by the next day I had booked my flight," said his uncle, 39-year-old Bashir Mirzad, who owns a sign-making business in Whitby.

When he arrived, Abuzar was in a coma, clinging to life. On the third day of the coma he woke up and his condition began to improve.

The family then set in motion a plan to bring Abuzar to Canada. Doctors placed Abuzar under the care of his 25-year-old cousin, Turaj Rais, and his wife, with whom the two-year-old was familiar. Mirzad left Afghanistan last week, returning

to Canada to make preparations for Abuzar's arrival.

Mirzad praised the efforts of the Canadian government, which he said assisted in bringing Abuzar to Canada. He said officials helped arrange the flight and expedited the process, though the citizenship status of the boy is still unclear.

The child was flying to Toronto in the care of Rais and his wife, who have been acting as guardians and will continue to do so here.

"Everybody hopes for him to have the best in the future. He will be free to grow and the treatment will be better than Afghanistan, of course," Mirzad said. "He will have a family environment because we are a big family in Toronto."

TORSTAR NEWS SERVICE

1 NEWS

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metro

04

metronews.ca
Thursday, May 1, 2014



Ashkan Rahimi and Jeff Ro are the entrepreneurs behind Pet-Me-Meow. CONTRIBUTED

Nothin' catty about race for Toronto's first cat café

Competition.

Entrepreneurs know they're in a 'cat race' to get cafés running



**TAKARA
SMALL**
takara.small@metronews.ca

It may seem like the purrrfect idea, but bringing a cat café to Toronto isn't as easy as it seems, at least not for Jeff Ro and Ashkan Rahimi (entrepreneurs behind Pet-Me-Meow), and Jennifer Morozowich (owner of the upcoming Kitty Cat Café).

Both sets of entrepreneurs are raising money to launch cat cafés through crowdfunding site Indiegogo.

The cat café, a place where patrons can order a cappuc-

cino and play with and in some cases adopt cats, has become a hit overseas and is making its way across the Atlantic.

Torontonians Ro, 25, and Rahimi, 26, understand that they're in a "cat race" to get their hip cat café up and running ahead of the competition, but regardless of who wins, both cafés are primed to help the city's most needy animals.

"If it's a two-cat café (city), all it's gonna benefit is the cats," says Ro. He and his business partner are teaming up with Toronto Cat Rescue to fill their soon-to-be café and hope theirs is the first to open, but they're fine with competition.

Morozowich agrees: "We're not doing this for notoriety or for the fame, we're doing it because we love animals," she says.

Both Indiegogo campaigns will come to an end 15 days

At a glance

- Although both cafés will be similar in nature, they'll offer different experiences for cat lovers. Pet-Me-Meow will house cats from Toronto Cat Rescue, alongside movie nights and board games.
- Kitty Cat Café will team up with T.E.A.M Cat Rescue to give Torontonians a chance to play with and adopt esthetically challenged felines, who Jennifer Morozowich says need the most help.

apart, meaning this race could belong to any winner, with Pet-Me-Meow asking for donations until June 13 and Kitty Cat Café's crowdfunding campaign ending June 28.

Mystery donor offers zoo \$2M

Animals at the Toronto Zoo may soon be getting a juicy treat thanks to a mystery donor.

An unidentified animal lover has stepped forward and left \$2 million to the zoo. Officials say it's largest donation they have ever received.

Zoo CEO Robin Hale said the donation was made earlier this year by a person who wanted to remain anonymous.

"This donation represents the single largest bequest received by the Toronto Zoo in its



Coun. Gloria Lindsay Luby
TORSTAR NEWS SERVICE

40-year history," Hale said.

He is recommending the funds be accepted at a closed-door meeting of the zoo's man-

agement board on Thursday at city hall.

Board members will then get details on the donor's background and details of the estate.

Councillors and zoo officials were being tight-lipped about the donation and how the money will be used.

Coun. Gloria Lindsay Luby, co-chair of the board, said she could not comment on the donation until it has been discussed by members.

TOM GODFREY/FOR METRO

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Turning low poll results into a winner

Started from the bottom ... Now he's mayor. Calgary's Naheed Nenshi proves that Toronto's fringe candidates shouldn't be ignored



JESSICA SMITH CROSS
jessica.smithcross@metronews.ca

Naheed Nenshi's former campaign manager remembers a poll taken three months before the 2010 election that gave the man who would become mayor about one per cent support.

"We were thrilled we were included on the poll," said Chima Nkemdirim, who is now Nenshi's chief of staff.

Nenshi's 2010 campaign goes in the record books for starting from the bottom and rapidly rising to victory. So Nkemdirim has some rare insight on how it's possible to convince voters to support someone who appears, in early polls, to have no chance at winning.

So far in Toronto, there have been more than a dozen polls, going back to a year before the upcoming election.

While we often talk about the top three or the top five and refer to the rest as fringe, according to Nkemdirim, "It's early days."

The early strategy was to convince "key influencers" to support Nenshi, Nkemdirim said.

"We got a tremendous

amount of support from people who are highly interested in municipal issues, and a lot of those people spend a lot of time online," he said. "They're real key influencers because people look to those people for their opinions, for their ideas."

Those influencers also included kids at schools Nenshi visited who were too young to vote but talked about him to their parents, a senior's lunch group and people who chatted on a Calgary Flames fan forum thread on city issues.

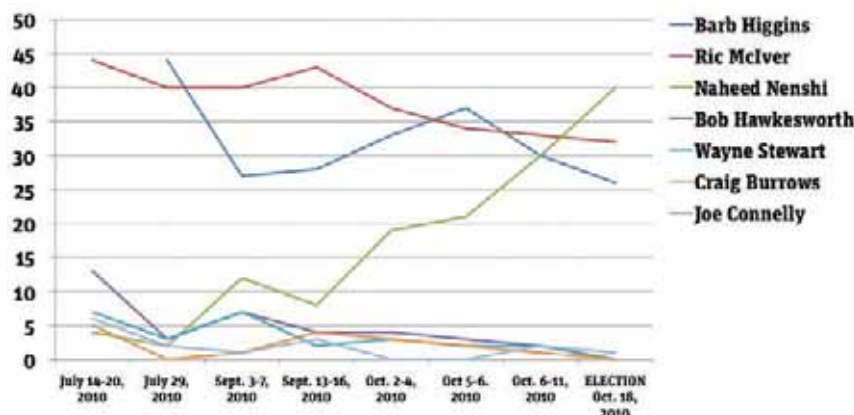
"There are like 80 people on there all the time talking about what's going on with the city. We want those people. All those people talk to all their friends."

In two polls conducted shortly before and after that Labour Day weekend, Nenshi polled 12 and eight per cent, respectively, of decided voters, far behind the two front runners, but ahead of the rest of the pack.

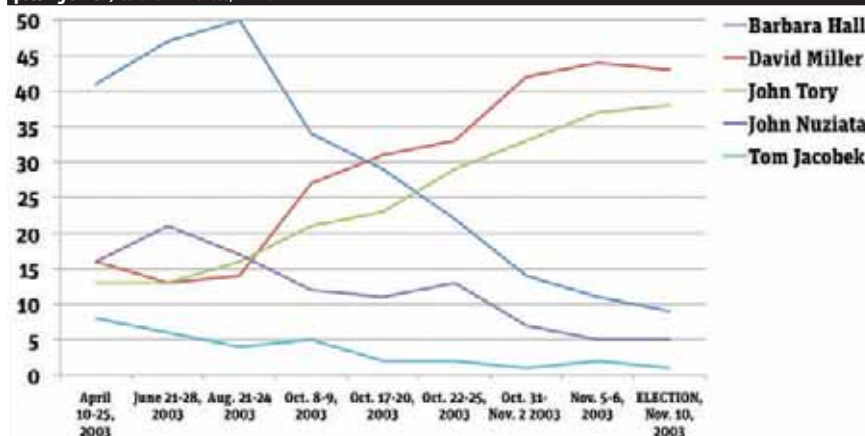
"We knew that if we were in third place by Labour Day the media would cover us — if you are in sixth place, they won't pay any attention to you — and you need the help of the media to get your message out."

From there it became about distinguishing Nenshi from the top two candidates. He became known for "speaking in full sentences" and Nkemdirim said his platform had more words than the other candidates combined.

Nkemdirim pointed out why, unlike frontrunners seeking to protect their support, a dark horse candidate can't rely on catch phrases and vague



Calgary results are at the top, Toronto results are at the bottom. The graphs are based on polls, from polling firms using different methods, during the mayoral campaigns. All are based on decided or decided plus leaning voters, depending on the poll. Please note the X axis is not consistent. The polls are ordered by date, but the space between polls does not reflect passing time. JESSICA SMITH CROSS/METRO



promises.

"We gave voters a lot of information, a lot of detail, because we knew we needed to build our credibility, because we were an unknown," he said.

Nkemdirim has some advice for candidates who are currently polling low in the mayoral campaign. "Be substantive," he said.

"The electorate is a lot

smarter than you think.

"I don't think the polls matter all that much until the fall. This is the opportunity to go out, test your ideas and sow support," he said.

Back on our end:

How it happened in Toronto

In Toronto's 2003 election it appeared Barbara Hall would win in a landslide, but over the campaign her support started to fall as two other contenders — David Miller and John Tory — who both began polling in the single digits, fought their way up the polls.

Miller's ascent wasn't as sharp and dramatic as Nenshi's, but Miller's campaign co-chair architect Jack Diamond (currently supporting Olivia Chow), said that when he joined the campaign it was because he wanted Miller's ideas to be heard and not because he thought Miller (who was polling at about 15 per cent at the time) would win.

"I supported him because of those policies and wanted those policies to be debated," he said.

"From a citizen's point of view, I want the policies that affect the future of the city debated, and I want to see where people stand on them. David (Miller) did that."

"I think he won because of that."

JESSICA SMITH CROSS/METRO

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Goodbye, Earth ...

Pioneers. A one-way ticket to Mars means the hopefuls will have to bid goodbye to their planet and loved ones



JEREMY NOLAÏS
Metro in Calgary

In all likelihood, the first tickets to the Red Planet won't come with the guarantee of a return trip.

For those on the maiden Mars voyage, it could mean goodbye forever to loved ones and the comforts of home.

"Wait, wait — there's not a Starbucks on Mars?" questioned prospective astronaut Tyler Reyno, his tongue planted firmly in cheek.

Laughs aside, Reyno, who hails from Lower Sackville, N.S., admits his quest to propel the human race towards an inter-planetary lifestyle would come with some major sacrifices.

But the 21-year-old remains determined to land a spot among the final 1,000 candidates to be a part of the Mars One mission, which is being steered by a deep-pocketed entrepreneur and has a goal of settling on the planet's surface in the year 2023.

Reyno is also in the early stages of launching a Canadian

rocket company — Open Space — and has attracted hundreds of followers on social media to his Send Nova Scotia to Space campaign.

"It's a life of purpose in place of a life of comfort," he said. "I find it strangely alluring where every second is a second of survival and challenge and testing. Space exploration is probably just the greatest thing I could ever accomplish."

Calgary engineer Zac Trolley also counts himself among those on the Mars One shortlist and already appears to be on a mission of sorts, one that may prove just as important as one day strapping himself into a skyscraper-sized rocket bound for a new world.

Since learning of his Mars finalist status, he's embarked on a speaking tour, discussing the potential of inter-planetary settlement with working peers, more than 20 elementary-school classes and "whoever else will listen."

Trolley anticipates society being on the verge of a new-age space race, where entrepreneurs with deep pockets will let their imaginations — and their money — run wild.

But he fears there's a lack of Christopher Columbus-eque spirit among many he meets. Save for a few adventurous cavers and deep-sea divers, Trolley said most people are content with going about their

day-to-day lives with little care for what may lurk in the dark abyss of the solar system.

"I've had people say 'How dare you? You shouldn't do that,'" he said. "(It's) fear. People are scared of what they don't understand."

"We always have to push boundaries," he continued. "We would have never left the caves and our small villages if people didn't wonder what was over the next hills. And I'm sure, back then, there were people saying, 'No, don't go over those hills — there be dragons.'"

Trolley's parents are worldly explorers themselves. As such, father Gary Trolley said he understands his son's desire to literally go where no man has gone before.

"It will be, in many ways, a sad day to say goodbye," he said.

"He keeps telling us he will be able to communicate with us, but it's not the same thing."

"We try to instill in our children: find a dream, find a passion and go for it — Zachary's chosen a big one," Gary added.

Zac said some have asked if he'll plan his own funeral before embarking to Mars.

"It's such rubbish," he said. "If I was cut off, my friends and family would know that I was doing what I loved doing — doing what I was meant to do. Could you wish anything better on someone than that?"

... Hello,

A human expedition to Mars is proposed within the next 15 years. Metro takes you on an exploratory trip to find out just why life on The Red Planet is so alluring, and what awaits us in the future.



Calgary artist Bryan Versteeg started working on the Martian space habitat after he was approached by the founders of the



A world to gain

"People say, 'Why would you leave everything on Earth behind?' I tell them, 'Because I'm getting an entire planet.'"

Zac Trolley, Calgary engineer and potential Mars voyager

Calgary engineer Zac Trolley admits he has many comforts readily available both inside and near his bachelor pad, but said he's always dreamed of doing something more with his life. He's among those hoping to secure a ride to Mars or an asteroid as a new-age space race appears primed to ignite. METRO/JEREMY NOLAÏS

Keeping astronauts

Just because there's zero gravity doesn't mean you can skip the gym.

In fact, the Canadian Space Agency (CSA) recommends its orbiting astronauts work out for two hours each and every day they spend aboard the International Space Station. Squats, treadmill runs, the daunting bench press, you name it — exercising is seen as pivotal to helping combat the loss of muscle mass and bone density that plagues astronauts who no longer require anything to support their weight.

Then comes food, and

Natalie Hirsch, project officer in the CSA's life sciences and space medicine division, is quick to point to a potential struggle with keeping astronauts fed for the duration of their jaunt to Mars and the subsequent time it takes up to, say, start farming, once there.

Estimates have suggested the journey to the Red Planet will take seven months alone and the "thermo-stabilized" foods stored aboard ISS only keep for about a year.

Fresh fruits and vegetables go bad after a week — making it a real treat

for astronauts every time a new shuttle packed with a cart full of apples docks at ISS.

Then there's the potential for picky eaters.

Hirsch said there are anecdotal reports of astronauts' dietary preferences changing once they leave the planet, although no formal study has been done to determine why.

"We do have people saying 'I love spinach' on the ground and when they get into space the same spinach they tested pre-flight is just not as tasty," she said.

JEREMY NOLAÏS/METRO IN CALGARY

Mars

Mission to Mars: Day 2

- **Day 3, Friday:** OK, so we've landed. Now what? Will there be taxes, a government? (So many questions, but we've got some answers); plus we talk to a real-live guinea pig.
- **Online:** Go to MetroNews.ca for videos on life — including good hygiene — in space



Mars One Foundation, which is planning a one-way mission to the red planet. THE CANADIAN PRESS/HO-BRYAN VERSTEEG/SPACEHABS.COM

fed and fit is no picnic

How not to let yourself go ... in space

To get a sense of what exercise gear could go with astronauts on their mission to Mars, here's the equipment used aboard the International Space Station:

- **The cycle ergometer:** Works similarly to a stationary bike and comes complete with a back-support plank and hand holds to keep the astronaut on the machine.
- **The treadmill:** Unlike your

run-of-the-mill basement device, the ISS treadmill features a bungee and harness contraption to tie the astronaut down. The bungees are then set to put a load on the astronaut that is progressively increased throughout the mission, making their space run more difficult.

- **The ARED:** This device mimics weightlifting on Earth by utilizing vacuum cylinders that can be adjusted to



Jeff Fortuna is testing a treadmill developed at NASA to simulate weightless exercise that can be used to keep astronauts in shape. THE ASSOCIATED PRESS FILE

create up to 600 pounds acting against astronauts

performing squats, dead lifts, and so on.

A day in the life of a space settler



A general view of a 'Space Toilet' is seen in a 'Space Habitation Module' at Miraikan, The Emerging Museum of Science and Innovation, in Tokyo, Japan. GETTY IMAGES

And you thought you had bathroom issues

The toilet aboard the International Space Station relies on airflow instead of gravity to contain excrement. Urine is mixed with other wastewater, purified,

and then returned to the drinking water supply. Solid material, meanwhile, is gathered, exposed to the harsh climate of space to destroy bacteria — and the associated smell — and then eventually jettisoned into space when a large enough amount has been gathered.

Astronauts don't cry ... no, really

There's no crying in space. Because of the zero gravity atmosphere, space explorers' tears don't fall; they just form water bubbles and stay there until removed.

Wow, you really need a (sponge) bath!

Sponge baths, not showers, are generally the best method to exercise personal hygiene aboard a space shuttle or station.

Hey, old chap. Got the time?

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Former employee arrested after B.C. sawmill shootings

47-year-old in custody. Police provide no details on motive for deadly attack that left mayor of Nanaimo 'shocked'

Two employees at a Vancouver Island sawmill were killed, two others were injured and one of their former co-workers was arrested Wednesday after a gunman opened fire in the mill's parking lot and continued shooting inside, RCMP said.

The shooting happened shortly before 7 a.m. at a Western Forest Products sawmill in Nanaimo, more than 100 kilometres north of Victoria.

Police arrived within minutes of the first 911 call, RCMP said, and arrested a 47-year-old man from Nanaimo.

Four men were taken to hospital with gunshot wounds, one by air to Victoria and the rest to Nanaimo, where two were pronounced dead.

Few details were released about the victims, the suspect or what may have motivated a workplace shooting that left a normally quiet coastal city of about 84,000 people in shock.

Supt. Mark Fisher said police believed the attack began in the parking lot and then



An RCMP officer walks away from the scene as forensic teams look over a truck in the parking lot following a shooting at the Western Forest Products sawmill in Nanaimo, B.C., Wednesday that left two men dead and two others hospitalized. CHAD HIPOLITO/THE CANADIAN PRESS

Quoted

"The families and the mill employees will now have to cope with the tragedy that unfolded here today, as will the community of Nanaimo. It's going to be a challenge." RCMP Supt. Mark Fisher

moved into the mill's offices. Members of the RCMP emergency response team were

on the scene within three minutes of the first 911 call, said Fisher. Officers quickly arrested

the suspect and seized a shotgun, he said.

Fisher didn't provide any further details about the suspect and declined to speculate about the attack's motivation.

Western Forest Products said the suspect was a former employee, though it wasn't clear when the man left the mill or under what circumstances. THE CANADIAN PRESS

Sinn Fein leader arrested in 1972 IRA murder case

Police in Northern Ireland arrested Sinn Fein party leader Gerry Adams on Wednesday on suspicion of involvement in the Irish Republican Army's 1972 abduction, killing and secret burial of a Belfast widow.

Adams, 65, confirmed his own arrest in a prepared statement and described it as a voluntary, prearranged interview.

Police long had been expected to question Adams about the 1972 killing of Jean McConville, a 38-year-old mother of 10 whom the IRA executed as an alleged spy. According to all authoritative histories of the Sinn Fein-IRA movement, Adams served as an IRA commander for decades, but he has always denied holding any position in the outlawed group.

"I believe that the killing of Jean McConville and the secret burial of her body was wrong and a grievous injustice to her and her family," Adams



Sinn Fein party leader Gerry Adams
OLI SCARFF/GETTY IMAGES FILE

said. "Well publicized, malicious allegations have been made against me. I reject these. While I have never disassociated myself from the IRA and I never will, I am innocent of any part in the abduction, killing or burial of Mrs. McConville."

Reflecting the embarrassment associated with killing a single mother, the IRA did not

admit the killing until 1999, and her unmarked grave was discovered only by accident near a Republic of Ireland beach in 2003.

Adams was implicated in the killing by two IRA veterans who gave taped interviews to researchers for a Boston College history archive on the four-decade Northern Ireland conflict. Belfast police took legal steps to acquire the interviews, parts of which already were published after the 2008 death of one IRA interviewee, Brendan Hughes. The researchers fought unsuccessfully to avoid handover of the tapes of the second IRA interviewee, Dolours Price, who died last year.

In his interview, Hughes, a reputed longtime deputy to Adams within the Belfast IRA, said McConville was killed on Adams' orders.

THE ASSOCIATED PRESS

'Post-antibiotic era'

WHO says deadly superbugs have spread worldwide

Bacteria resistant to antibiotics have now spread to every part of the world and might lead to a future where minor infections could kill, according to a report published Wednesday by the World Health Organization.

In its first global survey of the resistance problem, WHO said it found very high rates of drug-resistant E. coli bacteria. The report also found worrying rates of resistance in other bacteria.

Unless there is urgent action, "the world is headed for a post-antibiotic era in which common infections and minor injuries which have been treatable for decades can once again kill," Dr. Keiji Fukuda, one of the agency's assistant director-generals, warned in a release.

THE ASSOCIATED PRESS

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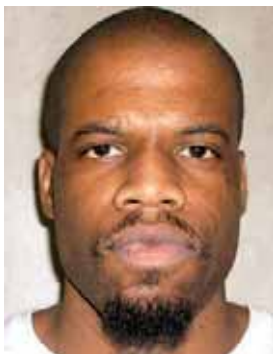
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Clayton Lockett
THE ASSOCIATED PRESS FILE

Botched execution to be probed

The governor of Oklahoma called Wednesday for an independent review of the state's execution protocols after a botched procedure that was expected to intensify the debate over how the United States handles lethal injections.

The White House said the execution of Clayton Lockett fell short of the humane standards required.

Gov. Mary Fallin, who said

Lockett had his day in court and the legal process worked, said a stay for Charles Warner, who had been scheduled to die two hours after Lockett, is in place until May 13.

Lockett, 38, had been declared unconscious 10 minutes after the first of three drugs in the state's new lethal injection combination was administered Tuesday evening. Three minutes later, he began breathing heav-

ily, clenching his teeth and straining to lift his head. Officials later blamed a ruptured vein for the problems.

The blinds eventually were lowered to prevent those in the viewing gallery from watching what was happening in the death chamber, and the state's top prison official later called a halt to the proceedings. Lockett died of a heart attack shortly thereafter. **THE ASSOCIATED PRESS**



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Mothers with daughters among the more than 200 schoolgirls kidnapped two weeks ago in Nigeria. **THE ASSOCIATED PRESS**

Schoolgirls marry their

Nigeria. About 50 of the kidnapped girls managed to escape from their captors in the first days after their abduction, but some 220 remain missing

Yobe People's Forum said. She said the parents' information about mass weddings is coming from villagers in the Sambisa Forest, on Nigeria's border with Cameroon, where Boko Haram is known to have hideouts.

"The latest reports are that they have been taken across the borders, some to Cameroon and Chad," Aliyu said.

Outrage over the failure to rescue the girls is growing and hundreds of women braved heavy rain to march Wednesday to Nigeria's National Assembly to protest lack of action over the students. Hundreds more also marched in Kano, Nigeria's second largest city, in the north.

"The leaders of both houses said they will do all in their power but we are saying two weeks already have passed, we want action now," said activist Mercy Asu Abang.

"We want our girls to come home alive — not in body bags," she said.

Nigerians have harnessed social media to protest, trending under the hashtag #BringBackOurGirls.

THE ASSOCIATED PRESS

Scores of girls and young women kidnapped from a school in Nigeria are being forced to marry their Islamic extremist abductors, a civic organization reported Wednesday.

At the same time, the Boko Haram terrorist network is negotiating over the students' fate and is demanding an unspecified ransom for their release, a Borno state community leader said. He said the Wednesday night message from the abductors also claimed that two of the girls have died from snake bites.

The news of negotiations comes as parents say the girls are being sold into marriage to Boko Haram militants. The students are being paid 2,000 naira (about \$12) to marry the fighters, Halite Aliyu of the Borno-



ago by Islamic extremists in northeast Nigeria protest in the capital over the govern-

forced to abductors?

Tracking the kidnapers

Girls may be across border, senator says

A federal senator said Nigeria's military is aware of the movements of the kidnapers and the girls because he has been feeding them details that he has gathered on a near-daily basis.

"What bothered me the most is that whenever I informed the military where these girls were, after two to three days they were moved from that place to another. Still, I would go back and inform them on new developments," Sen. Ahmad Zanna told the Nigerian online news site Persecond News.

Zanna said some of the girls are in Kolofata in Cameroon, about 15 kilometres from the border with Nigeria. He said one of the insurgents had called a friend in Borno state

to say that he had just got married and was settling in Kolofata. Zanna also said three or four days ago Nigerian herdsmen reported seeing the girls taken in boats onto an island in Lake Chad.

Another senator from the region said the government needs to get international help to rescue the girls.

"The longer it takes the dimmer the chances of finding them, the longer it takes the more traumatized the family and the abducted girls are," Sen. Ali Ndume said.

The military's lack of progress in rescuing the girls indicates that large parts of northeastern Nigeria remain beyond the control of the government.

Until the kidnappings, the air force had been mounting near-daily bombing raids since mid-January on the Sambisa Forest and mountain caves bordering Chad.

THE ASSOCIATED PRESS

Syrian crisis

Airstrike hits school in Aleppo, killing at least 19

A Syrian fighter jet struck a school with a missile in the opposition-held part of the northern city of Aleppo Wednesday as teachers and students were preparing an exhibit of children's drawings depicting their country at war, killing at least 19

people, including 10 children, activists said.

Parts of the two-storey Ein Jalout school appeared to have been completely smashed, according to activist videos, which showed blood splatters, twisted metal and children's items, like a little red heart-shaped box. Syria's largest city has been divided between government forces and rebels for nearly two years. THE ASSOCIATED PRESS

Russia

Fire at military warehouse leaves 10 people dead

Russia's Defence Ministry says 10 people have died after a fire broke out at a military warehouse in the Siberian Baikal region.

In a statement published early on Wednesday, the defence ministry said 10 people who were travelling

in a truck near the depot when the fire broke out late on Tuesday were found dead. Two of the victims were military personnel while the other eight were civilians who worked at the base.

The ministry said the fire had been extinguished, but provided no information about the cause of the blaze or how the victims died.

THE ASSOCIATED PRESS

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Baltimore. Over 100 ill after food safety event

Health officials are investigating what may have sickened more than 100 people at a conference where more than 1,300 food safety experts had gathered for the Food Safety Summit held early April in Baltimore.

Alvina K. Chu, who is leading the Maryland Department of Health's investigation, said Tuesday that officials haven't determined what caused the illness. It's not clear if the illness was transmitted by food or from person to person, she said.

The state health department sent a survey to summit attendees on April 17. About 400 responded, with more than 100 people reporting symptoms. Health officials said there have been no reported hospitalizations or deaths.

Rita Fournia, with BNP Media, which hosts the summit, said nothing like this has happened in the summit's 16-year history.

THE ASSOCIATED PRESS



Removing carcasses is a whale of a task

Provincial and federal officials are discussing the best way to remove the rotting carcasses of two blue whales near Trout River and Rocky Harbour in Newfoundland's west coast. Federal Fisheries Minister Gail Shea said Wednesday that Ottawa is working with a Canadian museum on an agreement to take ownership of the whales so they can contribute to educating the museum's visitors. A mammal that size could be dangerous for mariners if towed to sea and it's too big and blubbery to burn. Beached whales in other parts of the world have been buried on-site, cut up or loaded onto flatbed trucks and hauled to landfills. Local officials, concerned about potential health hazards and a powerful stench that could affect the summer tourism season, want the whales removed soon.

STORY: THE CANADIAN PRESS PHOTO: DON BRADSHAW/THE CANADIAN PRESS/HO - NTV NEWS

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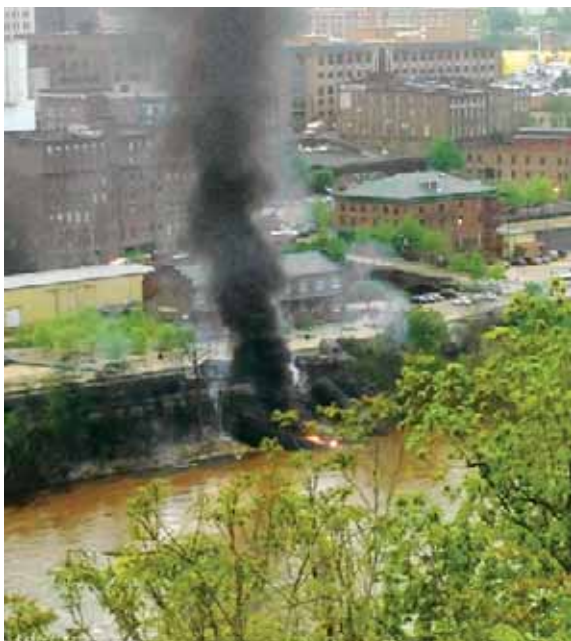
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metro AR

Oil-bearing train derails and burns in urban area



Smoke rises after several CSX tanker cars carrying crude oil derailed on Wednesday in downtown Lynchburg, Va. THE ASSOCIATED PRESS

Lynchburg, Va.
Buildings evacuated after tanker cars derail, spilling crude oil

Authorities were forced to evacuate a number of buildings Wednesday after several tanker cars carrying crude oil derailed in downtown Lynchburg, Va., and caught fire along the James River.

The City of Lynchburg posted on its website that the fire department was on the scene, and urged motorists and pedestrians to avoid the

area. It tweeted that the tanker cars were carrying crude oil and that three or four of them were breached. The city said 13 or 14 tanker cars were involved in the derailment.

No injuries were immediately reported.

Photos and video show several black tanker cars derailed amid extensive flames and smoke.

"We're used to kind of bangs and booms," said Gerald McComas, a security officer at the Griffin Pipe Foundry upriver from the derailment site. "My first thought was it sounded like one of the guys started a motorcycle and then a realized, wait a minute, no ... that was more of a boom. We walked outside and there was the smoke rolling in."

A phone message left by The Associated Press with the Lynchburg Police Department wasn't immediately returned.

THE ASSOCIATED PRESS

Quoted

"There is a very high risk here that hasn't been addressed."

Deborah Hersman, Transportation Safety Board chairwoman, last week in Washington, speaking on rail transport of volatile chemicals.

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FOCUS GROUP FOR MEMBERS OF THE DEAF COMMUNITY

CONSUMER VISION is organizing a series of focus groups for members of the Deaf community who are ASL users. The session is being held to explore issues relating to **BANKING PRODUCTS AND SERVICES** for those who use ASL.

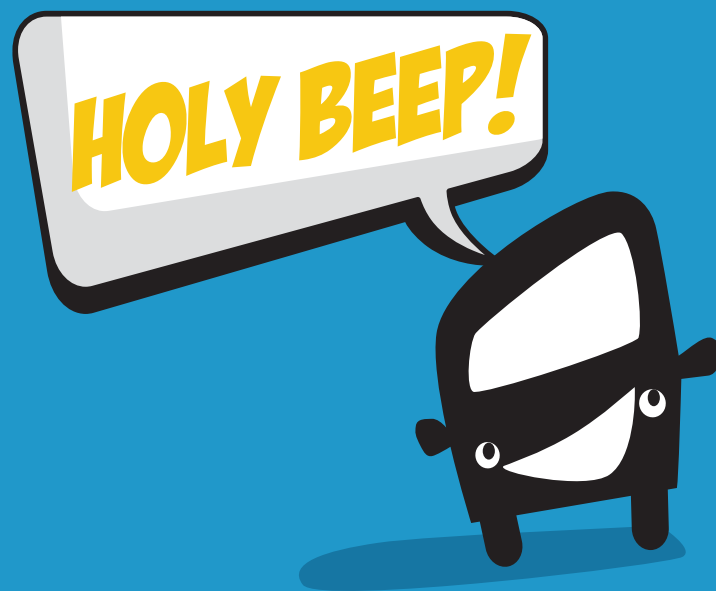
The session will be held Downtown on Tuesday, May 13th, 2014 and ASL interpreters will be onsite

Qualified individuals will receive \$125 and the session will last 2 hours.

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Ticket seller

StubHub to produce concerts

You can soon buy concert tickets from StubHub for shows produced by StubHub. The company, which helps brokers and fans buy and sell tickets on its website, announced Wednesday it will sell tickets to concerts that it will produce.

THE ASSOCIATED PRESS

Online purchases

Aeroplan partners with Shop.ca

Love shopping? Love travel? Perhaps you love shopping while you travel?

Aeroplan announced Tuesday a new partnership with Shop.ca, making it easier for shoppers to earn Aeroplan Miles on their online purchases. METRO

The rich get richer, poor get poorer

Inequality.

While the top 1% in Canada and the U.S. line their pockets, the 99% make do with less

per cent of Canadian pre-tax income earners captured 37 per cent of the overall income growth between 1981 and 2012, and now account for 12.2 per cent of the country's total annual income.

In the United States, the top one percenters captured 47 per cent of the total income growth in the country during the period — and now share one-fifth of the country's pre-tax income.

Meanwhile, incomes among the poorest households have not kept pace with overall income growth, the OECD says.

In Sweden, Norway and Finland — three rich countries — the top one percenters only accounted for between seven and eight per cent of total income in those countries in 2012.

THE CANADIAN PRESS

Canada is among the worst in the developed world in terms of the widening income gap, according to a new OECD paper.

The analysis shows income inequality has grown in most advanced economies represented in the Organization for Economic Co-operation and Development over the past three decades, but the United States and Canada are near the top in terms of growth and in absolute terms.

The OECD says the top one



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THE DIFFERENCES ARE STILL CUTE

My relationship with my girlfriend still has that new-courtship smell, so we find our differences fun and enjoyable.

For instance, she recently said, "Do you want to see the new shoes I bought?" and I said, "Yes."

I know.

Society rightfully finds these attempts to take an interest in each other disgusting, but we don't care because we're surrounded by The Forcefield of Love, which filters out negative thoughts and nauseated glances.

That said, I didn't realize the huge gulf between us until she sent herself packing.

No, she didn't leave me. She moved to a new apartment.

And, let me tell you, she moves like Jagger, assuming Mick has an ace moving company and excellent organizational skills.

My girlfriend was moved into her apartment with Internet hooked up, everything unpacked, and a new bed made in both



HE SAYS

John Mazerolle

metronews.ca

senses, all by mid-afternoon. Compare that to me, who took two months to get Internet, four years to unpack (there's been little call for kitchen utensils, less for oven cleaner) and a bed that isn't made in either sense thanks to unconstructed Ikea drawers. Our approaches to apartment moving and living are very different, but in the spirit of these effortless early days, I can see the value in both. Observe:

Planning, her way: She moves from room to room, planning which items will go in which boxes. **Advantage:** She is in full control of the move. **Planning, my way:** I move from room to room, planning which items will go into which boxes until the night before when I look up from the couch and say, "Oh right, the kitchen!" **Advantage:** I work better with a deadline.

Packing, her way: She followed the Bush doctrine and had her old apartment pre-emptively packed before her belongings expected anything. We walked among the stacks of boxes for a

couple of weeks like we were in the last shot of Raiders of the Lost Ark. **Advantage:** Unpacking was easy thanks to her fastidiousness. She knew which box Schrödinger's cat was in, and whether it was alive or dead. **Packing, my way:** I skipped over the boxes during my last move by choosing an apartment in the same neighbourhood and throwing my stuff at random into a wheelbarrow. **Advantage:** This was quick, easy and allowed me to say that I have used a wheelbarrow.

Insects, her way: Her tolerance for bugs is low, but if they were in her apartment, she would remove them by neatly stacking them in a clearly labelled box reading, "Hexapoda." **Advantage:** Cleanliness is good in an apartment, I've heard. **Insects, my way:** When I came back from a European vacation and discovered that a creepy crawler had joined me in bed and chewed on me throughout the night, I decided I would simply not go into the bedroom for several months in hopes of starving it out. **Advantage:** It worked.

So there are upsides to both my girlfriend's approach to life and mine. Hopefully she feels the same way and will never send me packing. If she does, I'll have to borrow a wheelbarrow.

ZOOM

Suburbia's crop circles



A "master planned community" in Maricopa County, Ariz. CHRISTOPH GIELEN/CIPHERS

Q&A

"We need to decipher them"



CHRISTOPH GIELEN
Artist/photographer,
46, based in New York

In his book Ciphers, photographer Christoph Gielen helps us grasp the impact our households have on the landscape with his aerial shots of suburbia's unusual shapes.

Here's what he had to say about his work:

What inspired you to do this project? I wanted to do something that would be compelling and grab people's attention. Back in 2003, I was doing some aerial photography of controlled implosions in Scotland when I got the idea for the urban sprawl project — to photograph different suburban developments across the U.S., from Nevada to Florida, from an airplane.

What did you see up there? The most unusual patterns imaginable. I could make out different floral shapes and de-

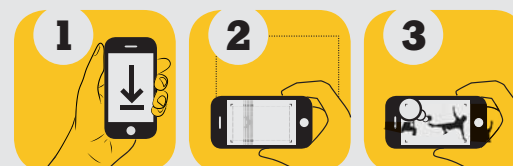
signs that resembled a spider's web. But what I captured are places that are totally unsustainable.

So, you're pointing to some social message? Yes, I want to trigger a discussion. We are all worried about the environment and climate change, and I wanted to place this concept of car-centric urban sprawl at the heart of the debate.

They look like concrete crop circles to me. It's very ironic that many of these patterns are floral or organic-looking, but there is very little sustainable or environmental about these developments. **METRO**

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In this issue, you can find AR enhancements on page 14 in News, page 38 in Life and page 40 in Sports

MetroTube

Hamster gets served tiny labour of love



ANDREW FIELD
metronews.ca

Burritos tend not to be the most delicate of foods, what with the overflowing contents breaking through the wrap to leave an incriminating trail down your hands.

Since most of us don't have the skilled hands of a surgeon, that's the role burritos are destined to play in our lives. This guy, however — this guy is capable of truly trim and tidy burritos. Why do that, you ask? To feed them to hamsters, of course!

(Via Hello Denizen on YouTube)



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I am woman, hear me laugh

Funny females.

Comedy festival aims to spotlight the sisters of on-stage snickers



BACKSTAGE PASS
Ian Gormely
scene@metronews.ca

Stand-up comedy is a pretty cut and dry form of entertainment. Comics who make us laugh survive, while those who fail die a quick and painful death at the hands of public humiliation. Such Darwinian stakes should leave little room for gender considerations.

Yet the idea that women are somehow less funny than men persists. This is why an event like SheDot, the all-female comedy festival premiering this week, is so important.

"There's so much amazing stuff happening in this city, especially with the females in comedy," says stand-up comic Dawn Whitwell.

While she outright rejects that idea that women aren't funny, Whitwell believes that women have typically been under-represented onstage. She recalls sitting with a panel of judges in the mid-2000s faced with a thin pool of female comics to nominate for a newcomers' comedy award. "I was not happy with my choices."

Whitwell, who teaches stand-up workshops at the Comedy Bar, blames comedy bookers, the people who program stand-up bills, for marginalizing women. "They've got to try and deliver what they think an audience wants," she says.

Unfortunately, that often



Comic Dawn Whitwell is one of many females who are gearing up to make you giggle at the SheDot festival. CONTRIBUTED

What's the difference if it's droll

- Davis and Whitwell both agree that SheDot will put a spotlight on Toronto's prodigious comedic talent. But neither can put their finger on what separates a female comic from her male counterpart. "Funny's funny," says Davis. "I have no idea what the difference is other than a penis and a vagina." Whitwell agrees. "It's not a male/female thing at all." An audience will decide whether they like you based on how funny you are. Says Davis: "Everyone has their own story they're just trying to tell."

hews to the traditional idea of a man in a sports coat, standing against a brick wall.

"When it's left to com-

edians and the audience, [gender] doesn't come into play."

Kate Davis, a 14-year veteran, agrees. When she start-

Quoted

"There's so much amazing stuff happening in this city, especially with the females in comedy."

Dawn Whitwell, stand up comic

ed out back in 1997, "there were maybe 10 female comics in the country." But social media opened things up, she says. "Now there can be 10 on one show."

This new generation has found a way around trad-

itional gatekeepers by supplying fans with a steady stream of laughs via Twitter accounts and YouTube. "The door has been opened and they can just walk through," Davis says proudly. "The more comedy the better."

THE SHEDOT FESTIVAL TAKES PLACE FROM MAY 1-4 AT VARIOUS VENUES ACROSS TORONTO. KATE DAVIS HOSTS SHEPG TONIGHT AT 7:30PM AT THE COMEDY BAR, WHERE DAWN WHITWELL WILL PERFORM. ALSO CATCH WHITWELL AT SHELBT TOMORROW NIGHT AT 9:30 AT THE COMEDY BAR. SEE SHEDOTFESTIVAL.COM FOR SCHEDULE.

2 SCENE

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metro

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SCENE

metronews.ca
Thursday, May 1, 2014

Vatican intrigue and the politics of faith

David Suchet. Actor reprises his role as a cardinal close to John Paul I in the papal play *The Last Confession*

British actor David Suchet, star of the long-running detective series Agatha Christie's Poirot, is revisiting his role as Cardinal Giovanni Benelli in the play *The Last Confession* for an international tour that has kicked off in Toronto.

The Roger Crane show looks at the circumstances surrounding the mysterious 1978 death of John Paul I, who was pope for only 33 days, and was a close friend to Suchet's character.

Suchet, a British Academy Television Award nominee, first starred in the project in 2007 at the Chichester Festival Theatre and then at Theatre Royal Haymarket in London.

On the world tour, the 67-year-old stars alongside Richard O'Callaghan under the direction of Jonathan Church.

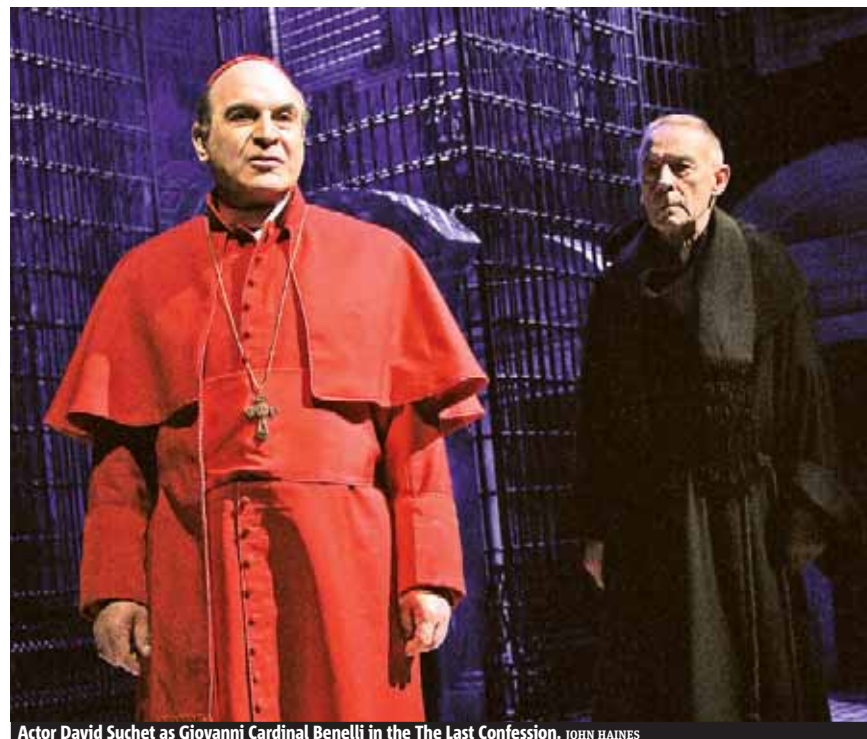
Suchet talked to The Canadian Press about the show.

Since your initial reading of the script 10 years ago, a lot has changed. We've had different popes and the current one seems to be more in line with the pontiff depicted in this story.

If you look at John Paul I, who was commonly known as the People's Pope or the Smiling Pope, he was a very liberal pope. He was going to do many, many things. He was addressing contraception, he was going to look into possible areas of allowing, in certain circumstances, euthanasia ... and even women in the church.

John Paul II turned out to be a less liberal pope than people may have suspected, and then after his death we got Benedict, who was very, very conservative and was not happy, not happy at all, and he was very elderly and very ill and he still is. He's a very, very dear man, but I think all that child abuse scandal got too much for the church at that time.

And we have Pope Francis, we have the People's Pope back, we have the Smiling Pope back. We have the pope that won't live in the papal



Actor David Suchet as Giovanni Cardinal Benelli in the *The Last Confession*. JOHN HAINES

Details

The *Last Confession* runs at Mirvish Productions' Royal Alexandra Theatre until June 1. Visit mirvish.com for more info.

apartments, who travels on public transport and is driving the conservatives bananas again. We have almost an identical situation.

Who has been in your audience?

We get such a variety of audiences. To go back to 2007 when it was on in the West End, every audience you could see the little white — what we call dog collars — of clergy. We had the bishops from the Catholic church, we had the bishop of London, we had the Archbishop of Canterbury. Catholic denominations, Catholics, Protestants, Anglicans. Everybody streamed in to see the show because the show isn't a religious play. It's a political play as much as anything else. It's a play about politics.

What was your faith growing up?

I had no faith growing up at all. I am a great mixed bag. I

have Eastern European blood. I'm half Lithuanian and my bloodline, in that respect, was Lithuanian-Jewish and the other half of my bloodline is pure Brit from Kent, and my mother was Church of England. So when the family married, I was brought up as agnostic, but brought up within the Anglican tradition.

In 1986 at the age of 40, for some reason or another I went through a conversion experience from nothing. I think I was always searching for something just beyond what is, because I was always rather disillusioned by what is, and I certainly knew by the age of 18 when I started investigating all this, I certainly was never going to be a humanist.

When I looked at the world and what we were doing to the world and how we treated each other and the cruelty that's in the world, I could never be a humanist.

So there was something else, there must be some-

thing better, there must be something beyond. Otherwise, why are we here? And at the age of 40, I had a religious conversion, which took me to Christianity ... and that's what I am today.

What does your involvement with this play mean for your outlook on your faith?

The struggle of faith, the loss of faith, the regaining of faith, the doubt, all that I've been through and it's not going to end either. That's the journey, that's the path, and my character goes through that very journey through the play.

Has there been any reaction from the Vatican to this play?

No. But when I was in London I got many, many letters from Roman Catholics saying what a wonderful evening they'd had and how it opened up their eyes to a different side of the Vatican than they may have been used to.

THE CANADIAN PRESS

Quoted

"Everybody streamed in to see the show because the show isn't a religious play. It's a political play as much as anything else."

David Suchet, actor, on the mass appeal of *The Last Confession*

metro

SICKKIDS

Thursday, May 1, 2014

Tackling child obesity issues

Weight-related disorders. New SickKids centre advances research, education and clinical care

**THERESA
BOYLE**
Torstar News Service

A glimpse into Dr. Jill Hamilton's waiting room helps explain why the SickKids' endocrinologist is so committed to fighting childhood obesity.

There you will find chil-

dren as young as five with Type 2 diabetes, overweight pubescent girls on their way to developing fertility problems, obese youngsters with weight problems brought on by brain tumours, and teens needing bariatric surgery.

For more, see Page 2



Imran Khan, 10, is one of The Hospital for Sick Children study research subjects looking at how exercise can minimize the detrimental effects of cancer therapy and improve physical functioning and quality of life. STEVE RUSSELL/TORSTAR NEWS SERVICE



EVERY CHILD DESERVES TO BE HEALTHY AND HAPPY

Take the 'How to' Quiz to get your family eating healthier, exercising and living better at healthyandhappy.com



SickKids

Helping to improve quality of life

Continued from Page 1

In an effort to do more for the more than 30 per cent of Canadian children who are overweight or obese, Hamilton has spearheaded the creation of SickKids' new Centre for Healthy Active Kids.

A "virtual" organization, the centre advances research, education and clinical care around pediatric weight-related disorders.

Launched last month, the centre is being showcased during the hospital's annual Healthy and Happy education and awareness campaign. The theme of this year's campaign is Healthy Active Living.

"We recognize that childhood obesity is a major child health issue," Hamilton says. "It is a complex problem and it's going to take people coming together from a trans-disciplinary approach to really tackle this issue."

She points out that overweight and obese children are at increased risk of developing diabetes, heart disease and strokes at younger ages than ever before. They are also at risk of developing cardiovascular disease, musculoskeletal disorders, some cancers and mental health problems.

Early intervention to ensure children are on healthy life trajectories is a key goal of the Centre for Healthy Active Kids. It focuses on healthy nutrition, physical activity and factors contributing to overall wellness for children of all body weights.

Falling under the umbrella of the centre are research projects already underway at the hospital. One of them is probing how exercise can minimize the detrimental effects of cancer therapy and improve physical functioning and quality of life.

Imran Khan, 10, is one of the study's research subjects. When he was diagnosed with leukemia at age 6, his mother, Shawista, understandably wanted to do whatever she could to protect her child.

Though Imran was normally a sporty, energetic boy, Shawista thought it best that he give up soccer, bike riding and any other strenuous activities while he fought the disease.

"I was scared to have him active. I thought it would fatigue or hurt him," Shawista says.

It was an instinctual response and one that SickKids' practitioners are accustomed to seeing. Protective parents



Nathaniel Sutherland, 5, is part of the STOMP program, a weight-management program focusing on healthy living. STEVE RUSSELL/TORSTAR NEWS SERVICE

want their ill offspring to devote all their energies to fighting what ails them. They also want to prevent their children from getting hurt in the rough and tumble of play.

But the problem with that, says researcher Dr. Paul Nathan, director of the hospital's aftercare program, is that sedentary behaviour often persists after cancer therapy has ended. In fact, many children who have battled cancer go on to develop weight issues as adults, he says.

Weight gain can be a side-effect of radiation, chemotherapy and other medications.

As well, the treatments can result in joint problems, muscle weakness and a decrease in bone strength. These physical problems can hinder exercise, and, in turn, they can also contribute to weight problems.

So, at the urging of Nathan and his research team, Shaw-

ista did not hold Imran back from physical play. She also brought him to SickKids every Thursday for three years for exercise sessions.

"It made him stronger. His energy level started to get better as soon as he started to do the therapy. Before that, he just lay on the couch. I think part of that was depression," says Shawista, adding that Imran today is sought after by his classmates to play goalie when they have soccer games.

Though the results of Nathan's study are not yet in, Imran's experience suggests physical activity does indeed improve quality of life.

"With over 80 per cent of children with cancer becoming long-term survivors, much research is focused on ensuring that the quality of survivors' lives after cancer is as good as possible. Studies like these are critical for minimizing the long-term costs of cure," Nathan says.

A closer look at the health of kids

The theme of this year's SickKids annual Healthy and Happy education and awareness campaign is Healthy Active Living.

Here are some facts on children's health:

- Children today may be the first generation to have a shorter lifespan than their parents.
- Canada ranks 17th of 29 industrialized countries in child well-being, a middle-of-the-road ranking that has not changed in 10 years.
- Canada has one of the highest rates of childhood obesity, ranking 27th out of 29 for industrialized countries.
- Obesity rates among children and adolescents have almost tripled in the last 25 years.
- Today, one in three Canadian children is overweight. Twenty-five years ago, only one in 50 was overweight.
- Seventy-five per cent of obese children grow up to be obese adults.
- \$4.3 billion is the amount of estimated direct and indirect costs to Canada's health-care system associated with obesity.
- Although not all obese individuals necessarily have health problems, excess weight in childhood is linked to diabetes, high blood pressure and lower social and emotional well-being.
- Obesity can mark

our DNA, changing our metabolism and genetically reprogramming future generations of children to be at greater risk of being overweight.

- Mothers who gain excess weight or are overweight during pregnancy have a higher risk of their babies developing obesity.

- Unfortunately, fewer than seven per cent of Canadian children and youth achieve the guideline of 60 minutes of moderate to vigorous physical activity per day at least six days per week.

- In addition to good physical health, proper amounts of physical activity are tied to greater: Mental health; academic performance; skill development; fun; creativity; problem-solving and decision-making abilities; and social skills (sharing, taking turns, helping others, resolving conflict).

- Physical activity is not just "exercise" — the activities of daily living, such as taking the stairs and active play, are just as important.

- Sedentary time, in particular, screen time, can also promote unhealthy weight gain and should be limited.

- Physical activity is beneficial for children of all sizes and is particularly helpful for children living with chronic illnesses such as cancer and arthritis.

TORSTAR NEWS SERVICE



Tessa Smith, who had a leg amputation followed by a rotationplasty, waits for an appointment in SickKids' eye clinic. STEVE RUSSELL/TORSTAR NEWS SERVICE

Online. Emotional stories and photos

The Toronto Star has created an extensive SickKids feature online at thestar.com.

Read about children and their families as they face extraordinary health challenges and learn how SickKids staff are working to help them get through it all.

The Hospital for Sick Children is one of the world's top pediatric hospitals, and the doctors there are some of the finest in the world. Every day, they deliver leading-edge medical care to preemies, babies, toddlers, youngsters and teens as they battle to regain their health.

On the Star's special SickKids feature, these emotional stories are told through dramatic photos, powerful videos, compelling tales and interactive graphics.

Read about:

- Music therapy. The use of

melodies and rhythms to help patients communicate or relax.

- Former patient Diana Merino, who has fond memories of the hospital where she was treated for cancer and now studies brain tumours.

- A Jamaican physician, who is training for two years at SickKids so she can return home with much-needed skills.

- Managing pain through a mindfulness program designed to help adolescents and their parents get their lives back.

- An epidemic of sleep apnea, related to obesity and a risk of heart disease, and the urgent response needed.

For more, go to thestar.com/sickkids to find these stories and the accompanying photos and videos.



Sleep technician Jeremy Gibbons gives Shy'n Leon a pat on the head as Leon begins a polysomnogram, or sleep study. STEVE RUSSELL/TORSTAR NEWS SERVICE



Dr. Sharon McLean-Salmon will return to Jamaica and use her knowledge to benefit children there. VINCE TALOTTA/TORSTAR NEWS SERVICE



Music therapist Carolyn Williams plays guitar to Quenton Muller, 5. Williams uses music to connect with children and their families and provide outlets for expression of feelings, relaxation and stimulation. STEVE RUSSELL/TORSTAR NEWS SERVICE



Diana Merino is a PhD student at the Hospital for Sick Children whose research focuses on distinguishing changes in the DNA of brain tumours to personalize treatment for the patient. STEVE RUSSELL/TORSTAR NEWS SERVICE

Making an impact

Innovators. Program invites philanthropists between the ages 20 and 45 to help SickKids

LAURIE MONSEBRAATEN
Torstar News Service

As the evening sky fades to black, an exclusive group of young professionals gathers in the members-only rooftop bar of downtown Toronto's trendy Thompson Hotel. They are here at the invitation of Jason Kimelman and Jaret Moldaver, both successful lawyers and young fathers who have a unique connection to The Hospital for Sick Children.

Moldaver, 44, was a patient about 40 years ago. He suffered from a skeletal birth defect that required surgeons to break every bone in his rib cage and then put them back together again. He recovered completely.

Twenty years ago, Kimelman's family created a special games room at SickKids with pool tables, computers, video terminals and even a kitchenette where patients can bake during their stay. Marnie's Lounge was named in memory of Kimelman's 17-year-old sister who was killed in a 1990 terrorist attack in Tel Aviv.

"Selfishly, I've never felt this good, ever, about giving money to any other entity in my life," says Kimelman, 38, who along with Moldaver are part of the hospital's unique new Innovators program.

For most young people, philanthropy is linked to an event; they buy a ticket to a gala or lottery. Or they sponsor someone on a run or other fund-raising activity.

The innovators kick it up a notch.

The program, aimed at young people between the ages of 20 and 45, invites participants to network with like-minded professionals, offers exclusive hospital tours and provides access to the doctors, researchers and patients making scientific headlines and changing lives.

Donors, who give a minimum of \$10,000 over two years, pool their gifts to support a priority area of the hospital that wouldn't otherwise get funding.

The most exciting part? The group gets to decide which project or projects their collective donation will support during an annual Dragon's Den-style event



Jaret Moldaver, Jeff Gallant, Agnes Kacicka and Jason Kimelman are part of a group of SickKids Foundation philanthropists that gets a special look at where its donations go to the hospital. STEVE RUSSELL/TORSTAR NEWS SERVICE

with doctors and researchers.

This is followed up a year later with a gathering where innovators learn what the hospital did with their money.

"I was all-in after hearing a little bit about the program," says Moldaver, who joined when he was tapped by Kimelman last year.

The peer-to-peer aspect of the program — innovators are invited to engage their friends and colleagues in the cause — is new for this age group in philanthropy, says Katie Graham of the SickKids

Foundation, who created the concept with colleague Colin Hennigar.

The contribution level for these young people is also the highest.

The program is designed to attract a new generation of donors, and mirror their fast-paced, results-oriented lives, while introducing them to the world of philanthropy at a more engaged level, Graham says.

Jeff Gallant, a 25-year-old hedge fund analyst, had eye surgery at SickKids when he was eight and has been in-

involved in research projects and volunteer activities ever since.

When Graham and Hennigar showed him the concept a little more than a year ago, he knew they were on to something.

"All of the donations are going to priorities that are immediate," Gallant says. "It's not an endowment. It's about research and equipment and programs. You can see how your investment is making a difference right away."

"Because we are young, we tend to be shorter-term

oriented. What's great about this program is you can see the impact you are making on an annual basis."

The priority investment area last year was pain, and the first 21 innovators chose four research projects to support with their first \$105,000.

The goal is to grow the group to 50 this year and invest \$250,000 in palliative care projects.

Moldaver and Kimelman have bigger plans. They want 100 innovators to sign on this year, so, together, they can invest \$1 million over two years.



Donnie Wahlberg ALL PHOTOS GETTY IMAGES

New Kids on the Boat: Nineties group hits the high seas for reality show

Whoever thought up this reality show should get the Nobel Prize. It combines everyone's two favourite things: '90s nostalgia and the high seas. New Kids on the Block, the original '90s boy band, are reuniting for a reality show on a boat. Cable network TVGN is developing Rock This Boat, a show about the reunited NKOTB setting sail with die-hard fans for a week of partying. Sounds like a thin premise for a show, but I assume

they will also be fighting pirates, exploring uncharted waters and searching for buried treasure. That's what people on boats do, right? Rock This Boat will air next season. It will be executive produced by Donnie Wahlberg, NKOTB member and brother of Mark Wahlberg. The latter is probably jealous that his career is thriving sufficiently that he does not get to go on a boat to revive it.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Wanna marry Prince Harry? The royal is single again

MELINDA
TAUB
Metro World News

Did you know there's a reality show called I Wanna Marry "Harry"? It's a Joe Millionaire-type deal, where a bunch of women compete for the affections of a random ginger Englishman they've been told is Prince

Harry. It's incredibly mean, but those contestants may have the last laugh: Harry is, in fact, single again, and available for marrying. I hope one of them snags him.

Prince Harry, the fun-loving royal currently fourth in line for the English throne, has reportedly split from his girlfriend Cressida Bonas, according to the Daily Mirror. The move comes as a surprise: Earlier this year, the two were said to be getting serious and many royal watchers expected them to get engaged.

Twitter



@mindykaling
my head is too heavy it flattens even the firmest of pillows



@ricky_martin
You have to believe that in the end, all the dots are going to connect.



@SarahKSilverman
Mississippi is such a great place to live if you don't have a vagina



Renée Zellweger

Did Demi give Renée her plastic surgeon's digits?

Renée Zellweger is reportedly worrying herself senseless about mounting a career comeback — and has turned to Demi Moore for help as a life coach, according to Star magazine. "Unless she pulls herself together, Renee's acting future looks very uncertain. Renee is in therapy

dealing with her anxiety about appearing on camera again after a string of embarrassing movie flops," a source says. And reactions to the Bridget Jones Diary star's recent rare public appearance certainly aren't helping matters. "The mixed reaction to her transformation has unnerved Renée in a big way," the source says. "Pals are convinced it was Demi who gave her her plastic surgeon's number, thinking it would give her a confidence boost." That plan, it seems, has backfired.



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3
LIFEPLUS
HOMES

Tech is on trend

If X-Men made sportswear, this is probably what it would look like. The next generation of athletic style is teched out and high on hybrids.

METRO WORLD NEWS



Who knew that X-Men: Days of the Future Past could teach us a little bit about what's fashionable in the present. CONTRIBUTED

Zara

Sweatshirt with faux-leather appliqué,
\$59, zara.com



Saint Laurent

Metallic bomber jacket,
\$1,224, farfetch.com



ASOS

BLACK Printed panel T-shirt,
\$38, asos.com



COS

Technical jersey
trousers, \$76,
cosstores.com

Raf Simons x
Adidas

Sneakers, \$440,
mrporter.com



Gadgets meet garments online

High-tech, high style.

Amazon opens up shop to consumers who want wearables that work for them

Just as it did for the smart home, the online retailer has launched a storefront dedicated to wearable technology devices.

Focused as much on educating consumers as on selling products to them, The Amazon Wearable Technology portal has gone live as

part of its U.S. site.

It organizes devices across five categories: fitness and wellness; health-care devices; wearable cameras; smart watches; and family, kids and pets; but it also features buying guides, a video library of tutorials, featured or spotlight products and an editor's corner blog.

In September, Amazon launched a dedicated web portal for home automation and smart home products along the same lines, aiming to demystify the technology and help consumers

to make informed decisions about the products that best suit their needs and their lifestyles.

There's little doubt that the buzz around wearable tech devices is building and building, but so far that buzz doesn't appear to have translated into huge consumer demand.

With the exception of fitness trackers, the latest crop of smart watches has failed to generate much in the way of sales. Juniper Research estimates that 15 million wearable health and fitness devices were sold in 2013



Will you be ordering up your share of smart style? CONTRIBUTED

and believes that by 2018, that number could be as high as 100 million. AFP

Canadian street style

Spotted in: Toronto

Name: Kiki van Duin

Age: 31

Occupation:
Operations manager

What she's wearing:

Frye boots, DR. Denim jeans, Capital Espresso tee, Penfield plaid shirt, Levi's jacket, and Sitka bag.

Her inspiration:

"Chameleon life! I'm different every day, so I dress differently for what I feel and what I'm up to. You never know what your going to get when it comes to what I'm wearing."

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Prince William may not have been a fan of Kate's yellow Roksanda Ilincic crepe dress she wore on their Down Under tour recently, but it caught the attention of many fashionistas on the web. Go online to Trends Report to find out where you can buy this dress, and check out the other fashion finds to help you achieve Kate's 'chic banana' look, even without a princess's budget.



- Online. Follow Irene on Twitter at @MetrolreneK or Instagram: kuanirene; metronews.ca/voices/trends-report

Photo via Getty Images

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'If age wasn't an issue, I'd buy more wine'



Drugstore lashes are this vampire's cheap beauty trick. PROVIDED

Girl next door. You know her as Caroline Forbes, Nina Dobrev's sidekick in the popular television series *The Vampire Diaries*, but in real life Candice Accola is just a regular 26-year-old who's not *that* into running, used to have a unibrow and still eats the odd chicken wing

RICHARD PECKETT
Metro World News

Candice Accola takes a break from playing the blood-sucking teenager to talk us through her routines:

Her very strict cleansing rituals

"I take my makeup off with Boscia Makeup-Breakup Cool Cleansing Oil, which is really gentle. I rotate be-

tween hope in a jar by philosophy, Origins High Potency Night-A-Mins and Kate Somerville Dilo Oil. I don't need to wash my face again in the morning. I just splash on some toner and add a little bit more lotion under my eyes."

Red lips and baby-doll lashes

"Going out in L.A. is intimidating. A lot of people start the conversation looking into your eyes. Makeup-wise I can always rely on a bold red lip and drugstore lashes. I use the individual ones — strip lashes drive me crazy because they never fit. But if that's all you have, then I'd say the best way to use them is to cut them in half and only put them on the outside corner of the eye."

Dealing with hangovers

"Anyone claiming to have this miracle hangover cure is just full of it. I just take a

hot shower to steam my skin back to life, put on a lot of eye cream and wear really big sunglasses."

Mourning her monobrow

"When I was in middle school, a boy on the bus told me I had a monobrow. I went home and tweezed my eyebrows so much they never really grew back."

Being ageless

"My character Caroline is a vampire, meaning she doesn't age. I'd save a lot of the money on beauty products and buy more wine if growing old wasn't an issue. But I have a pretty healthy balance and don't deprive myself of too many things. I'm not into running or Zen yoga. I need a high-energy class such as spinning or ballet barre. If I'm not eating chicken wings, its probably because I ate some on the weekend at a ball game."

Inside her makeup bag

"I'm always hiding dry skin and bags under my eyes so the main ingredient in my makeup bag is moisture," Accola tells Metro.

- **Clarins Eye Contour Balm** "I just dab some of this on under my eyes and wrinkles are immediately gone and my skin is plumped right back up."
- **Amazing Cosmetics Amazing Concealer** "Every once in a while I get unnecessary breakouts. This covers blemishes so well."
- **Korres Yoghurt Moisturising Mask** "Let this soak in overnight and by the time you wake up your skin feels like a baby's bottom."
- **Yves Saint Laurent Touche Éclat** "This helps me look like I'm awake."



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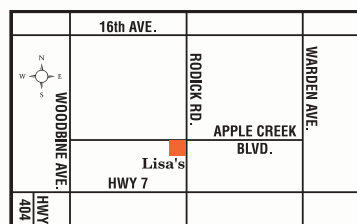


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Creative spaces offer condo dwellers new options for urban gardening

High-rise living.

New trends include communal rooftop gardening and custom planters for balconies



CONDO TRENDS
Duncan McAllister
life@metronews.ca

It's that time of year again when condo owners bring out the planters and the gardening tools. New trends this year in condo gardening include growing your own food and condo builders providing creative new spaces for urban gardeners.

Outdoor design and lifestyle expert Carson Arthur, star of HGTV's Critical Listing, says that more and more condo dwellers are using their outdoor spaces to cultivate true vegetable gardens.

Downsizers will feel at home with custom wood veggie planters to dress up the balcony and give it more of a backyard feel.

"People are actually building their own outdoor planters to fit the proportions of their balcony — it's a DIY project," says Arthur, who cautions against using pressure-treated woods that may leach chemicals into the soil. Newer, pre-stained products such as Micro Pro Sienna are more suitable for urban agriculture. "What's nice is this particular stuff doesn't leach into the soil if you're planning to eat vegetables."

Some cool, new communal gardening spaces are popping up all over the city. Daniels'



Kingston&Co will feature a rooftop community gardening space with private raised bed plots. CONTRIBUTED

One Park Place condos in Regent Park will feature rooftop plots for residents to grow a variety of fruits, vegetables and herbs. Information seminars and workshops are planned with organic Ontario farmers to help maximize the gardening potential.

At both DUKE and Kingston&Co condos, all terraces will be equipped with harvest planter boxes, enabling homeowners to grow vegetables and herbs on their own balconies. Developers TAS and Main and Main realized there is no better way to get to know your neighbours than growing

and sharing food.

"People in cities are increasingly seeking ways to increase their own self-sufficiency by growing some of their own food. Tending to a garden also provides the opportunity to cultivate strong community ties through shared interests. We are building homes with this at top of mind," says TAS president Mazyar Mortazavi.

"(On) the top floor of Kingston&Co, we're going even further with the development of a rooftop community gardening space, which will include private raised bed plots and a tool storage area."

Quoted



"What we're seeing is that esthetically, it has to look good as well. I want to grow my own lettuce, and I need it to look good because this is my only outdoor space on my balcony."

Outdoor design and lifestyle expert Carson Arthur, star of HGTV's Critical Listing



One Park Place will feature rooftop plots for residents. CONTRIBUTED



Duncan McAllister's hot habanero peppers, grown on his 21st floor balcony last summer. CONTRIBUTED



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How to live large in a small space

Design advice. These timeless tips can make any small space look roomy and spacious



DESIGN CENTRE
Karl Lohnes
home@metronews.ca

New homes are getting smaller and smaller, so adhering to a few good design rules can help you live just a little bit larger.

I can't imagine better advice to dispense to anyone who's moving, renovating or sprucing up their place than these golden rules of small-space decorating. They're timeless and hold true for any space you might live in. Here are my top four rules:

Tones and colour

- Keep tones of flooring, walls and furnishings similar so the eye roams without interruption between light and dark shades.

- Cooler versions of a colour (every colour has a warm and cool side) tend to reflect more light, therefore making a small space feel larger.

- When the width of the ceiling is smaller than the height of the wall (as in most small condo lofts), then paint the ceiling the same colour as walls; it will make the room appear wider.

Use of mirrors

- You may have heard that mirrors can visually expand a space. The secret is to use them to widen, not lengthen, a room, so always hang a mirror on the long wall, not the short one.

- To bring light into a long, narrow space, stand a floor mirror 90 degrees to a window; it will reflect the window and direct the incoming light deep into the space.

- Never be afraid to stand a side table, chair or plant in front of a large mirror to add drama and depth, especially in foyers and bedrooms.

Scale of furnishings

- There is an art to creating

the illusion of large-scale furnishings in a small space. Try incorporating large-scale items that don't take up much floor space — art, console tables, footstools, area rugs and curtains are all perfect contenders since they don't fill a room with their volume.

- The 2/3 proportion is your best friend when layering items in a room. The coffee table should be 2/3 the width of the sofa, the sofa should be 2/3 the width of the rug, and the art should be 2/3 the width of the sofa.

The need for storage

- Storage is a practical need when decorating a small space. Try to incorporate it into every element of your space. Add an extra shelf one foot above floor level in a closet — this will offer up another row of shoe storage. And another shelf at the very top of your closet is great for storing out-of-season clothing.

- Look for furniture that incorporates storage, folds down or offers double-duty to offer flexible alternatives in a smaller space.



Creating a monochromatic colour scheme allows the eye to travel without interruption. A floor mirror helps reflect another window into the room. Oversized Leaning Floor Mirror, \$1,100, potterybarn.com



One makes a footrest, two make a bench in the foyer or at the end of a bed. A classic style icon that fits a modern or traditional interior. Hudson's Bay Company Point Blanket Ottoman, \$395, thebay.com



Wall-hung shelving and containers help to keep vanity areas organized. Although made for herb gardens, this plant container system is perfect for brushes and other beauty accessories. SOCKER plant pot with holder, \$29.99, ikea.ca



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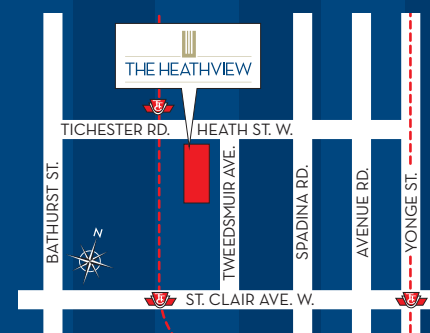
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Meet the condo

- **What.** Triumph Valhalla
- **Builder.** Edilcan Development Corp.
- **Architect.** Page + Steele / IBI Group
- **Location.** The East Mall and Valhalla Inn Road, Etobicoke
- **Building.** 29-storey tower
- **Sizes.** From 536 to 1,237 sq. ft.
- **Suites.** One bedroom, one bedroom plus den, two bedroom, two bedroom plus den
- **Pricing.** Starting at the low \$200,000s
- **Sales centre.** Coming soon to 2 Gibbs Rd. in Etobicoke
- **Website.** triumphcondos.com
- **Phone.** 416-233-5554



Triumph's third phase includes townhouses and three towers. CONTRIBUTED

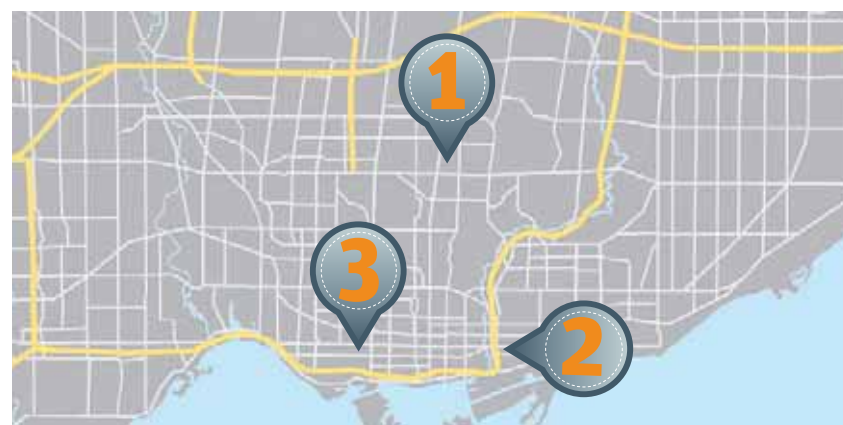
The project overview

Triumph is the third and final phase of Edilcan's Valhalla development in Etobicoke, consisting of three towers and a selection of townhouses surrounding a landscaped courtyard in the tradition of the great central squares of Europe.

Building amenities

Features a fully equipped fitness centre, large pool, whirlpool, kids' playroom and splash pad, Internet lounges, movie theatre, three party rooms with catering kitchens and a guest suite. The Valhalla Express residents' shuttle takes you to the subway, shopping or nearby airport.

What's hot on the condo market



DUNCAN MCALLISTER

1. Uptown

Grand Opening: The Lanes at 101 Erskine include garden suites and townhomes by Tridel, near Yonge and Eglinton. Check out the presentation centre at 2611 Yonge St.

CONTACT: 416-480-0700, TRIDEL.COM

2. Riverdale

Open House: Condo suites in the South Riverdale neighbourhood. Several units to choose from. Head over to 90 Broadview Ave., May 3 from 1 to 4 p.m.

CONTACT: 905-764-6000

3. Seminar

Condo Seminar: Brad Lamb hosts a free first-time buyer workshop. Head over to 778 King St. W., May 5 from 6:30 to 8 p.m.

CONTACT: RSVF@TORONTOCONDOS.COM, 416-368-5262

Maintain your home for longevity

A necessary chore. It's important to take the time to inspect your home for deterioration

There's no getting around it: home maintenance is a chore. But the reality is that regular tasks can help extend the longevity of a house and may even defer the need for major repair projects.

Marty Erletz, owner and operator of Victoria's Pillar to Post home inspections, says it's important to take the time to inspect and monitor your home for signs of deterioration.

"A big thing people don't do is inspect their crawl spaces enough," says Erletz. "It isn't a lot of fun going down in a crawl space, but if a homeowner has one, they have to go down there and make sure there is no moisture problem, or leaking plumbing."

Similarly, he says attics need to be looked at for signs of potential roof leaks and moisture around bathroom fan vents.

With the snow melting and weather improving, Erletz says

homeowners should be looking at the exterior of their house for peeling paint and sealant.

"It is important to look for any exposed wood," he says. "Especially for places on the West Coast, where we get a lot of rain, it is very important that wood has proper weather protection."

Monitoring the quality and integrity of the sealant around doors and windows, and around the fixtures in bathrooms and kitchens is also necessary to avoid any potential moisture buildup and leakages.

Even though there are some maintenance projects that can be done annually, like checking smoke detector batteries, other tasks need to be tackled regularly over the course of the year.

"A lot of times people aren't up-to-date on the smaller things in their home, such as furnace filters are ignored," Erletz says. "Homeowners don't realize that in the heating season, furnace filters need to be changed every month to keep the furnace working properly and efficiently but also for air quality in the home."

Throughout the year, and life of a home, weather and the

people who live in a house can cause a lot of wear and tear.

According to John Davis, owner of Edmonton's Cabin to Castle Home Inspections, homeowners need to be aware of their home and respond to any potential damage or problems.

Davis says during the winter, window screens often get damaged. It's best to replace

torn screens before the hot summer months come.

Like Erletz, Davis says there are a lot of small things owners should be aware of to keep the home in the best shape possible.

"Front-load washing machines should be aired out in between washes," says Davis. "If this is not done consistently, mildew and mould can ac-

cumulate."

While the list of projects may seem overwhelming, Davis says doing small things once or twice a year can prevent them from building into big problems.

"It is important to take necessary steps to guard homes from the elements," he says. "Keeping all appliances clean and repaired can help you get

the most out of them and add to their longevity. All the small maintenance tasks can help you avoid big problems in the future. Certain types of homes will require more maintenance than others."

Davis says roofs with wooden shakes require regular care and maintenance to be effective at shedding water.

THE CANADIAN PRESS

Quoted

"All the small maintenance tasks can help you avoid big problems in the future. Certain types of homes will require more maintenance than others."

John Davis of Cabin to Castle Home Inspections in Edmonton



Experts say homeowners need to keep their eavestroughs clean to prevent flooding and water damage. MEGAN COLE/ THE CANADIAN PRESS

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Legal Matters

Fence leads to a lot of lot line questions



LEGAL MATTERS
Jeffrey Cowan
home@metronews.ca

I purchased my property 16 years ago and there was a chain-link fence that divided my backyard from my neighbour's. It was my understanding that this fence followed the lot line. A couple of years ago, I decided to do some landscaping in my backyard and wanted to erect a more attractive wooden fence. I asked my neighbour at the time if he

would share the cost of the new fence with me. He was not willing to do so, which resulted in me building my fence a few inches onto my property, leaving a small strip of land between the chain link fence and my new wooden fence. My neighbour then sold his house and I now have a new neighbour who has requested that he tear down the chain link fence.

This would give him the extra inches that are actually my property. What should I do?

The first thing that should be done is a solid determination of where the lot line is. If you purchased the property 16 years ago, you should have in your closing package a survey showing the lot line and the position of the chain-link fence.

From there you can go forward to seek a solution.

However, if you don't have a survey, the starting point would be to get one. If your neighbour is not willing to share the cost of this task, you should order one nonetheless, because you would then have a decisive document from which you can go forward. Without it, you are just guessing.

Just a note: Boundary

disputes between neighbours are one of the most hotly contested problems of home ownership. You should always approach your neighbour politely, but firmly. Remember, you may have to live beside them for a long time.

Follow Jeff Cowan on Twitter @Cowan_Law or on the website cowanlaw.ca, or email him at jeff@cowanlaw.ca.



Mother's Day simple DIY



Style gurus Steven Sabados and Chris Hyndman think all moms deserve to be pampered. They've shared these easy, cost-effective DIY projects to help you celebrate your own mom this Mother's Day. For more ideas, watch Steven and Chris weekdays at 2 p.m. on CBC.

ALL PHOTOS AND TEXT PROVIDED BY STEVEN AND CHRIS

Tulip Bulbs in a Vase

This classic spring flower will brighten up any Mother's Day celebration. Try some simple but dynamic presentations, above and at right.

You'll need:

- Potted tulips
- Flat bottom vase
- Clear glass stones or beads

Instructions:

1. Extract tulips from their soil.
2. Shake them out and wash soil away in a bowl of water.
3. Handle roots carefully to keep them intact. If bulbs are discoloured, peel them back like an onion to reveal new skin.
4. Add stones to bottom of vase.
5. Delicately place bulbs inside vase, spreading the roots.
6. Once you have 2-3 bulbs in place, add a few stones to anchor bulb and roots.
7. Keep layering stones until they're almost covering the bulbs.
8. Add cold water for a beautiful tulip bulb display.



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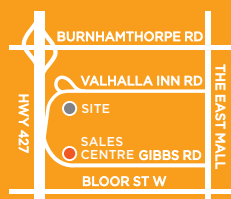
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Annual awards

The condo industry keeps raising the bar



BRYAN TUCKEY
President and CEO of the Building Industry and Land Development Association (BILD) can be found at twitter.com/bildgta, facebook.com/bildgta, and bildblogs.ca.



Our industry celebrated excellence in quality of sales, marketing, design and construction at the 34th annual BILD Awards last week.

As I looked at the renderings, floor plans and marketing campaigns on the centre screen, I realized how high the bar has been raised since we first started building condos in the GTA. It seems that with each passing year, our industry just keeps getting better.

One of the highlights of the night was the presentation of the Lifetime Achievement Award to Carlo Baldassarra of the Greenpark Group. This award is the highest honour given out by BILD, and it was a privilege to present it to an individual who has built more than 70,000 homes in the GTA in more than five decades.

Mattamy Homes was honoured with the prestigious Home Builder of the Year

award. What's unique about this award is that a key component in the judging process is the homeowner survey, in which recent home occupants rate their builder on before, and-after sales service.

I'd also like to congratulate TAS on winning High-Rise Green Builder of the Year. This builder is dedicated to building sustainable, energy-efficient homes and has made a commitment to designing

and building to a LEED Silver standard for all of its future projects.

The Places to Grow Community of the Year award was presented to Canary Park by Dundee Kilmer while Yonge+Rich by Great Gulf Homes was awarded High-Rise Project of the Year.

It was a close race but Impressions in the Village of Kleinburg came out on top in the People's Choice Award.

This community features a variety of low-rise homes, built by a team of Arista Homes, Fieldgate Homes and Paradise Homes.

Congratulations to Montana Steele Advertising for winning six awards this year — more than any other advertising agency. Just behind them were Builder Insight Group, Community and L.A. Inc.

A complete list of winners is available at bildawards.com.

I (Heart) Travel DIY

This art project is a great way to say that your heart belongs to mom. Best of all, it will barely cost you a thing!

You'll need:

- A colourful map
- A shadow box (from an art supply store)
- Scissors
- Cellophane tape

Instructions:

1. Find an old map from a place you've travelled to together.
2. Cut out a heart shape sized to fit the frame you plan to use.
3. Carefully crumple the heart, then un-crumple (for added texture).
4. Secure the heart with a piece of tape to the back of the shadow box.



Bunching Tulips in a Leaf-Wrapped Vase

You'll need:

- Fresh tulips
- Standard tapered glass vase
- Monstera and banana Leaves

Instructions:

1. Line inside of vase with the monstera and banana leaves.
2. Trim stems of tulips to fit, creating two bunches.

Tip: Cut the ends on a slant and they'll absorb water better.



Tulip Flutes

You'll need:

- Fresh tulips
- Clear tall flute vase

Instructions:

1. Measure tulips by placing them next to a tall flute vase.
2. Trim accordingly to different heights.
3. Add cold water to the vase.
4. Strategically place three simple tulips in the flutes. Start with the shortest one and work to highest. Less is more; using three stems is what makes this arrangement sleek and sophisticated.

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Wanna chat? This chair makes it easier

If you've ever wished for an office chair that could make impromptu meetings and discussions more private, this asymmetrical design is just the ticket.



Keep it hush-hush with a wing on a chair

The Cristiana Wing Chair is an asymmetrical armchair that features one single arm and wing to allow people to sit in a more relaxed position while conversing with one another. The wing also has acoustic benefits, acting as a sound barrier.

The piece is based on an original design by Cristiana Ionescu. The contemporary seat is available in a variety of colour-contrasted hues, with prices starting from about \$5,500. **AFP**

Singletons wing both ways

The latest from British studio Davison Highley, this piece was designed following the observation that people commonly lean forward, crunching up their diaphragms, when conversing sitting down. By placing two asymmetrical chairs together, alongside a specially designed table, the Cristiana Wing provides a collaborative and private environment. **AFP**



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Introducing the 'shelfie.' Is your home ready for its close-up on social media?

You've heard of the selfie, but the latest online craze is all about showing off your intellectual and esthetic taste rather than your cheekbones.

The "shelfie" has seen online vanity transferred to the subject of home decor, with hoards of social media users taking to Twitter and Instagram to share snaps of their most intimate and artistic storage solutions for books, newspaper piles, perfume bottles and teapot displays.

The Internet's latest gift to humankind was born on Instagram, where carefully composed still-life pictures, typically of crammed bookshelves, can be easily identified via the hashtag #shelfie. The concept has since spread to Twitter and even publisher Penguin has gotten in on the act.

Nicknamed "the selfie for intellectuals," the trend has grown to include still-life shots of general interiors. The term shelfie was coined by the Wall Street Journal after Instagram user Alice Gao at-



tracted more than 13,000 likes for her artfully arranged composition of a teapot and quince blossoms resting by a

magazine.

So will it last? And more importantly, is your home shelfie-ready? **AFP**

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The Purple People Eater would approve

Hempy Purple Coleslaw. Not only does this dish have the same awesome hue as a memorable character, it's also delicious and nutritious

"The zip in this recipe is from the tangy sour flavour of the sauerkraut," writes Julie Daniluk in *Slimming Meals*

that Heal.

"Look for unpasteurized sauerkraut in your local health food store, as the natural process of fermentation creates beneficial probiotic bacteria.

"I love Ambrosia apples because they are slow to brown when cut and are ideal for salads. Nutty hemp hearts offer the healing benefits of magnesium and omega-3 fatty acids."

1. Drain sauerkraut and reserve liquid. Mix together salad ingredients.

Ingredients

Salad

- 1 cup unpasteurized sauerkraut, drained
- 4 cups finely shredded purple cabbage
- 1/2 cup sliced red onion
- 2 organic apples, unpeeled, cored and thinly sliced
- 2 tbsp hemp hearts

Dressing

- 2 tbsp hemp oil
- 2 tbsp sauerkraut liquid
- 1 tsp dried dill weed
- Raw honey, to taste
- 2 tsp pink rock salt

2. In a separate bowl, whisk dressing ingredients together.

3. Add dressing to salad and combine until salad is evenly coated. **FROM SLIMMING MEALS THAT HEAL BY JULIE DANILUK. IMAGES AND RECIPES © 2014 JULIE DANILUK. EXCERPTED BY PERMISSION OF RANDOM HOUSE CANADA, A DIVISION OF RANDOM**



This recipe serves six. JULIE DANILUK

Cookbook of the Week

Eat well, get healthy



SLIMMING MEALS THAT HEAL by Julie Daniluk focuses on the relationship between inflammation, allergies and weight gain. The release offers 125 recipes that don't require you to count calories and includes information on cleansing the organs, the specific power of superfoods and techniques that directly reduce cravings. Daniluk has also developed a five-step plan to boost metabolism and balance hormones that lead to holistic weight balance. Dishes include: Skinny Onion Rings, Low-Cal Turkey Chili and more. **METRO**

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Lunch: 1 bowl of vegetable broth

Day 4 Through 14

Breakfast and Dinner: 8 Tbsp of Almased (50g) in low-fat milk with 2 tsp of oil (flaxseed, walnut or olive), 1 tsp cinnamon or unsweetened cocoa powder, if desired

Lunch: Vegetables and salad with lean meat or fish (see recipe ideas online)

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Donald Sterling

L.A. overwhelmed by fans' support

Several hours after owner Donald Sterling was banned from the NBA for life, the Los Angeles Clippers sprinted and soared through a playoff game as if a weight had been lifted from their collective shoulders.

The Clippers finished a tumultuous day with a 113-103 victory over the Golden State Warriors on Tuesday night, leaving their home court to high-fives and standing ovations from fans enthralled by the prospect of watching an NBA title chase without Sterling in his front-row seat.

"We have a tough locker-room, all of us are tough, but it almost brought out tears to your eyes just to feel the support from the fans," said Chris Paul, the Clippers' star point guard.

THE ASSOCIATED PRESS

Clippers for sale

Oprah interested in buying team

If Donald Sterling is compelled to sell the Los Angeles Clippers, the list of potential buyers will have more stars than the team's roster. Oprah Winfrey leads the list of wealthy luminaries who announced their interest in purchasing the club shortly after NBA commissioner Adam Silver banned Sterling from the league for life. Others that have shown interest include music mogul Sean Combs and Floyd Mayweather Jr., who wants to form a group to buy the team. THE ASSOCIATED PRESS



Oprah Winfrey
GETTY IMAGES FILE

Winfrey leads the list of wealthy luminaries who announced their interest in purchasing the club shortly after NBA commissioner Adam Silver banned Sterling from the league for life. Others that have shown interest include music mogul Sean Combs and Floyd Mayweather Jr., who wants to form a group to buy the team. THE ASSOCIATED PRESS



Raptors guard Kyle Lowry celebrates a three-point buzzer-beater with Greivis Vasquez to end the second quarter on Wednesday. FRANK GUNN/THE CANADIAN PRESS

Toronto ready to Rap it up in Brooklyn

NBA playoffs. Raptors hang on for the win despite being outscored by 20 in the fourth

Kyle Lowry poured in 36 points to lift Toronto to a nailbiting 115-113 victory over the Brooklyn Nets, giving the Raptors a 3-2 lead in

Game 5

115	113
Raptors	Nets

their best-of-seven playoff series.

DeMar DeRozan added 23 points, while Jonas Valanciunas finished with 16, and Greivis Vasquez added 15.

Amir Johnson chipped in with 11 points for the Raptors, who gave up a 26-point lead in the fourth quarter, making for some tense moments at the Air Canada

Centre, but held on for the victory.

Joe Johnson led the Nets with 30 points, while Mirza Teletovic added 17, and Deron Williams and Alan Anderson finished with 13 apiece.

The series heads back to Brooklyn's Barclays Center for Game 6 on Friday.

THE CANADIAN PRESS



Tim Duncan posts up against Shane Larkin of the Mavericks in Game 5 on Wednesday in San Antonio, Texas. CHRIS COVATTA/GETTY IMAGES

Brand new pop Parker pushes Spurs past Mavs

Tony Parker had 23 points hours after the birth of his first child and the San Antonio Spurs never trailed in a 109-103 victory over the Dallas Mavericks on Wednesday night, taking a 3-2 lead in their first-round series.

Manu Ginobili had 19 points and Tiago Splitter added 17 points and 12 rebounds as San Antonio regained home-court advantage in the tense series against their intrastate rival.

Game 5

109	103
Spurs	Mavericks

Tim Duncan added 16 points and 12 rebounds and Kawhi Leonard had 15 points for the

Spurs.

Vince Carter scored 28 points, making numerous contested shots in going 10-for-16 from the field for Dallas.

After averaging 16 points in the series' first four games, Mavericks forward Dirk Nowitzki found the stroke in scoring 26 points. Nowitzki was 10-for-20 shooting, but it wasn't enough to overcome Parker and the Spurs returning to form. THE ASSOCIATED PRESS

Bergeron no longer NHL's best-kept secret

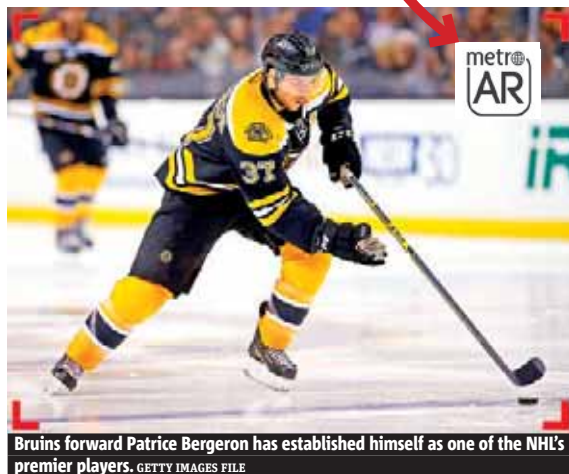
Just one of the best.

Beyond Boston's playoff runs, Olympics showed why Bruins forward is elite

Patrice Bergeron started earning acclaim for his defensive game four seasons ago when he was a legitimate Selke Trophy candidate for the first time.

It has taken longer for Bergeron to be appreciated as one of the best all-around players in the NHL. Maybe it started during the Boston Bruins' 2011 Stanley Cup run or last year's trip to the final, but after playing a major role in Team Canada's gold-medal performance at the Sochi Olympics, the 28-year-old is surely considered among hockey's elite centres.

"I think what he's done as he opened a lot of people's eyes," Boston coach Claude



Bruins forward Patrice Bergeron has established himself as one of the NHL's premier players. GETTY IMAGES FILE

Julien said. "I know at his first Olympics he didn't have ... to do what he did. The last one I think people realized how good he is."

Statistically, Bergeron had just two assists in six games, but

the Quebec City native shifted from a fourth-line centre role to right-wing alongside Sidney Crosby and never missed a beat. His nearly flawless play wasn't a revelation as much as it underscored his growth from

Rivals meet again

34

The Canadiens and Bruins will face each other in the post-season for a record 34th time when their NHL Eastern Conference semifinal opens Thursday night in Boston.

the 2010 Games in Vancouver, where he was the 13th forward.

In that tournament, as defenceman Chris Pronger told CBC Sports recently, Bergeron had a smaller role that was "probably a little unfair to him."

"Patrice would sit on the bench for long periods of time and then we'd get a penalty and turn to him and say, 'OK, go out and kill it,'" Pronger said.

This season, Bergeron was downright dominant at times with 62 points in 80 games, a league-best plus-38 rating and a 58.6 per cent success rate in the faceoff circle. **THE CANADIAN PRESS**

Flyers fall. Lundqvist, Carcillo take Rangers to 2nd round vs. Penguins

Daniel Carcillo and Benoit Pouliot scored second-period goals, and the New York Rangers advanced to the second round of the Stanley Cup playoffs with a 2-1 victory over the Philadelphia Flyers in Game 7 on Wednesday night.

The Rangers shook off a 5-2 thrashing in Philadelphia on Tuesday and knocked out the Flyers about 24 hours later, improving to 6-0 in Game 7 at Madison Square Garden. New York will face another Metropolitan Division rival, the Pittsburgh Penguins, in the next round starting on Friday.

Henrik Lundqvist made 26 saves, allowing only a third-period goal to Jason Akeson 3:32 into the final frame. He protected the one-goal lead at 7:25 when he made an awkward save against Flyers captain Claude Giroux.

No team won consecutive games in the series. The Rangers, who finished two points ahead of Philadelphia during



Philly's Zac Rinaldo checks New York's Brad Richards during first period action. THE ASSOCIATED PRESS

the regular season, made the most of their home-ice advantage by taking three of the four games in the Garden.

Carcillo, re-inserted into the Game 7 lineup, scored the all-important first goal 3:06 into the second off a picture-perfect pass from Mats Zuccarello. It was the second goal of the series for Carcillo, who played for just the third time in the series and the first at home. **THE CANADIAN PRESS**

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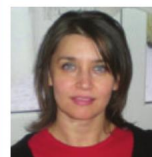
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- Willis Tower
- The Gateway Arch
- The Henry Ford Museum
- Mount Rushmore

- St. Louis
- Keystone
- Detroit
- Cleveland
- Chicago

ANSWERS: 1. D; 2. E; 3. A; 4. C; 5. B

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

6	4	1	9	3	7	5	8	2
3	5	9	8	2	1	6	7	4
7	2	8	4	5	6	1	9	3
1	7	3	5	6	4	9	2	8
2	6	4	1	8	9	3	5	7
8	9	5	3	7	2	4	1	6
4	3	7	2	9	5	6	8	1
5	8	6	7	1	3	2	4	9
9	1	2	6	4	8	7	3	5

	2						7	
	5	6		8		2	1	
9			2		3			6
		7	6		8	1		
			9	4		5	3	
3			7		1			8
	8	2		9		4	5	
	4						3	

Horoscopes

Aries
March 21 - April 20
You have taken on a lot of new tasks in recent weeks and could probably do with some help. Others will come to your assistance and share the load if you ask them but you must make it worth their while. What's in it for them?

Gemini
May 22 - June 21
If others want to make an issue of things that are of no significance to you then you have no choice but walk away. The last thing a big-brained thinker like you needs is small-minded people around.

Leo
July 24 - Aug. 23
If your goal is as far away as ever, perhaps you should take it as a sign that something is wrong. It's not too late to change course — only your ego is holding you back.

Virgo
Aug. 24 - Sept. 23
The planets are in your favour at the moment and no doubt you fear nothing, but you still need to be careful. Don't push your luck and don't push yourself beyond your natural limits, no matter what the potential rewards might be.

Libra
Sept. 24 - Oct. 23
Mars in your sign endows you with courage and confidence but other aspects warn you can't do it all on your own. You need to rediscover the joys of being a team player, of how good it feels to share success with other people.

Scorpio
Oct. 24 - Nov. 22
You have never been one for small talk and what others are wittering on about no doubt bores you to tears. Ignore them and focus your attention on what is important to you, even if no one else seems to agree. Rise above petty things.

Sagittarius
Nov. 23 - Dec. 21
Try to say only nice things about friends and colleagues, because if you make your true feelings known it will cause you all sorts of problems. That applies doubly on the work front, no matter how much you may despise certain people.

Capricorn
Dec. 22 - Jan. 20
You seem reluctant to take advantage of an opportunity — most people would give their right arm for. Yes, it could go wrong but it could also go stunningly right. Unless you try, you won't know.

Aquarius
Jan. 21 - Feb. 19
You appear to believe that your feelings for a certain person are a one-way street but that is far from the truth. They care as much for you as you do for them but, for the moment at least, they've got other things to worry about. Be patient.

Pisces
Feb. 20 - March 20
You will discover something about a friend or loved one that surprises you today — which just goes to show you can never be sure you really know another person. Resist the urge to pry — leave them secrets to enjoy. **SALLY BROMPTON**



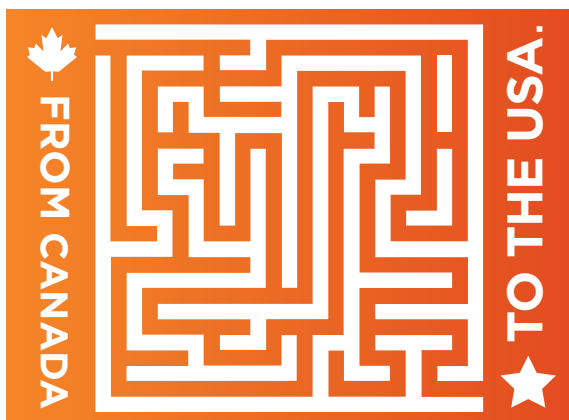
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BY KELLY ANN BUCHANAN



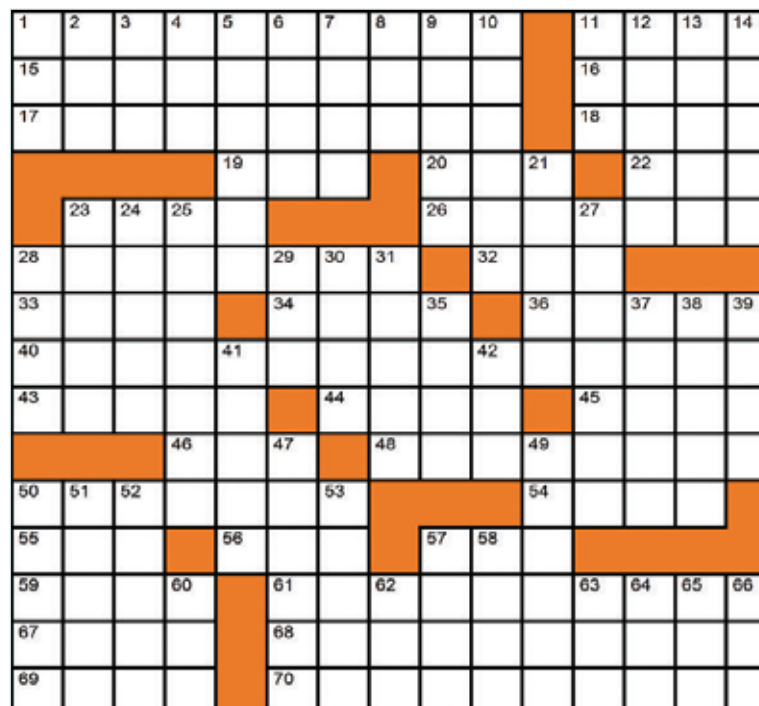
Yesterday's Crossword



Crossword: Canada Across and Down

Across

1. Blue Rodeo song that starts "They met in a hurricane...": number + 3 wds.
11. Pod vegetable
15. ___-___ suit
16. Fear: French
17. Intolerance inciter
18. William H. ___ (27th US President)
19. 'Stock' suffix
20. Aussie hopper
22. Rapa ___ (Easter Island)
23. Aurora
26. Overcast
28. PM = Prime ___
32. ___ degree
33. Worldwide [abbr.]
34. Fertilizer ingredient
36. Single
40. Tummy tuck, for example: 2 wds.
43. Heretofore: 2 wds.
44. Line giver
45. W Network's "Come ___ with Me Canada"
46. Cleaning item
48. Bespoke
50. Where to put carrots and potatoes as common ingredients: 3 wds.
54. Conjunctions
55. Bo Derek's number
56. "Hush."
57. Wk. word
59. ___-___ date
61. Winnipeg: James Armstrong ___ Inter-



- national Airport
67. Reshmi __, CBC journalist
 68. Cheeky
 69. Plus
 70. Expands Earthy-ly

Down

1. "Up, Up and Away" by The ___ Dimension
2. Omega-3 fatty acid,

- e.g.
3. ___ gallery
 4. "___-haw!"
 5. Saskatchewan agricultural village an hour north of Regina
 6. Apple music player
 7. Eleven - Two's answer
 8. Ms. Tilly
 9. Great tennis servers

10. Ump's call, "___!"
11. Decide
12. "Higher than the Sun" British band
13. Mr. Wainwright
14. MGM's motto, Ars Gratia ___
21. "Tin soldiers and Nixon coming / We're finally ___ own." -

- Neil Young, "Ohio"
23. Ancient animals [abbr.]
 24. Nervous
 25. Mr. Valderrama's
 27. Robert __, Harvard University symbolologist in "The Da Vinci Code" (2006)
 28. Isinglass
 29. "King ___": Steve

- Martin's vintage SNL tune
30. ___ Blair (Pen name, George Orwell, b.1903 - d.1950)
 31. Like an edited-some-more movie
 35. Cruising
 37. Bizarre
 38. Coastal flappers, variantly
 39. Faux-hued
 41. Les ___-Unis (USA)
 42. William Tell's canton
 47. Baseball legend, Lou ___ (b.1903 - d.1941)
 49. Hardy's comedy pal
 50. Saskatchewan town northeast of Regina
 51. Kathmandu is its capital
 52. Motion foes
 53. Spin
 57. "Love Shack" by ___-52's
 58. Hebrew folk song: "___ Nagila"
 60. Gold: Spanish
 62. ___Magnon Man
 63. Antiperspirant, Soft & ___
 64. Casually utters
 65. ...three, two, ____
 66. Nocturnal periods, briefly

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100,000 KM COMPREHENSIVE LIMITED WARRANTY**



2014 ACCENT 4-DOOR L

GLS model shown*
Selling Price: \$19,415

HWY: 5.3L/100 KM
CITY: 7.5L/100 KM*

DEALER INVOICE PRICE: **\$14,397[‡]** PLUS HST.

OWN IT FOR **\$69** BI-WEEKLY PAYMENT

WITH **0%[†]** FINANCING FOR 96 MONTHS

AND **\$0** DOWN

ACCENT L 4-DOOR MANUAL. DEALER INVOICE PRICE INCLUDES \$783 IN PRICE ADJUSTMENTS*, FEES (UP TO \$499), DELIVERY AND DESTINATION.



2014 SANTA FE SPORT

Limited model shown*
Selling Price: \$38,584

HWY: 7.3L/100 KM
CITY: 10.2L/100 KM*

DEALER INVOICE PRICE: **\$27,414[‡]** PLUS HST.

OWN IT FOR **\$137** BI-WEEKLY PAYMENT

WITH **0.9%[†]** FINANCING FOR 96 MONTHS

AND **\$0** DOWN

SANTA FE SPORT 2.4L FWD. DEALER INVOICE PRICE INCLUDES \$1,316 IN PRICE ADJUSTMENTS*, FEES (UP TO \$499), DELIVERY AND DESTINATION.



PLUS GET 0%[†] FINANCING FOR 96 MONTHS

5 YEAR WARRANTY

5-year/100,000 km Comprehensive Limited Warranty**
5-year/100,000 km Powertrain Warranty
5-year/100,000 km Emission Warranty



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NEW POSSIBILITIES.™

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